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What Do We Eat Now?

What Do We Eat Now?

A GUIDE TO WARTIME HOUSEKEEPING

BY

Helen Robertson, Sarah MacLeod
and
Frances Preston

J. B. LIPPINCOTT COMPANY
PHILADELPHIA NEW YORK

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Foreword

"WHAT can I contribute to the war effort?" is the question on the mind of every loyal American homemaker. The answer for many of us can be found right on our own doorsteps—in managing the home well.

Our responsibility is a grave one. It compares with that which confronted our forebears. We, too, face the unknown and drastic changes in our way of living. We must be able to meet these changes, to adapt ourselves and our homes to them, to make the best of them, as did the early settlers—in ways that will promote the welfare and happiness of the family and thereto the Nation.

The way we run our homes today is not only important to us as individuals, but to the wartime program as well. We face a new economy. The family dollar acquires a new significance. Part of it must go for taxes and buying war bonds, if we are to do our part in financing the war. Materials on hand, from the smallest item to the largest, from the paper of pins to winter coats, washing machines, and foods, must be conserved to make way for production of war supplies. Saving is imperative.

No longer can we spend that dollar thoughtlessly. We must use foresight and stretch it to its limit. It must meet our basic needs of food, shelter, and clothing, and supply a little pleasure too. We have just so much money. Spending it wisely challenges our ingenuity, ability, and patriotism.

The authors hope that this book may offer some guidance.

We express our gratitude to The Cleveland Plain Dealer, Society for Savings in the City of Cleveland, Associated Charities of Cleveland, The Cleveland Press, for the privilege of reprinting a part of the material given here.

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SARAH J. MACLEOD

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Introduction

THE HOME FRONT

THE home today plays a vital role in this conflict of Nations. It must present a strong, brave front. It must guard the health of the peoples. It must help to maintain good morale. It must see that work and production proceed uninterrupted.

Only recently have we come to realize the importance of health and stamina in this conflict and the relations of proper foods to it. "Foods will win the war," we said in 1914–1918. Now we add, "And help to write the peace." It will do that in two ways. In the supplies we ship abroad. And in the building of a "strong America, by making stronger Americans" through family menus planned to include foods needed for health, vigor, and efficiency.

The home becomes more than ever the center of family living. From it steps forth the soldier, the defense worker, the executive, the business girl and boy, the school child, the volunteer, ready for what the day may bring. To it they return for rest, relaxation, and recreation. It is their haven where they gather new strength for the morrow.

The homemaker finds her household requires more time in its vital part of the war program. She has volunteer work in the community. She must dovetail the two obligations without slighting either. She must fortify herself as she does her family, to carry on the "generalship" of the home forces, and this in the calmness and serenity that is needed in times such as these.

Thrift is her watchword, as it was that of her grandmothers. She must conserve goods because of cost and limited supplies.

Many of the materials which she has used in the past are now needed for more important use in the war.

"All of us are used to spending money for things we want but which are not absolutely essential," the President told us in his April 1942 message, and he continued, "We will all have to forego that spending. Because we must put every dime and every dollar we can possibly spare out of our earnings into War Bonds and Stamps. Because the demands of the war effort require the rationing of goods of which there is not enough to go around. Because the stopping of purchases of non-essentials will release thousands of workers who are needed in the war effort."

One sees the pioneer woman, who knew necessity to be the mother of invention, standing with her hand in that of this modern homemaker, giving her courage to make the best of what she has—to go back in some instances to simpler methods of the past, but with the enrichment that time, experience, and progress have brought.

Market conditions are changed and changing. Some of the products we have considered as necessary are no longer available, or to be had only in small amounts. We must share and share alike, and for that reason we have rationing. The dollar is not as large as it once was, and every penny of it must account for its worth. It is not easy to run the household, to plan meals that will please, satisfy, and meet nutritional standards.

Nor should we, in our zeal for health value and economy, forget for an instant the fun of eating, or the art of cooking. Meals must be anticipated, eaten with enjoyment and relish. The concoction of a savory stew requires the same artistry as the making of a fancy cake.

There must be no waste. We cannot indulge in the luxury of throwing out more with a spoon than the man can bring in with a cart. Everything must be saved and used and, where possible, diverted into war channels.

War lifts thrift and savings out of its usual humdrum. Today, saving is an obligation to the country's needs. Careful buying,

good care, lack of waste, are inherent in good management. We must dust off and put into active use the good old adages such as "Waste not, want not," . . . and "Willful waste brings woeful want."

To quote again from the President's April speech:

"As we here at home contemplate our own duties, our own responsibilities, let us think, and think hard of the example which is being set for us, by our fighting men.

"Our soldiers and sailors are members of well disciplined units. But they are still and forever individuals—free individuals. They are farmers, workers, business men, professional men, artists, clerks.

"They are the United States of America.

"That is why they fight.

"We, too, are the United States of America.

"That is why we must work and sacrifice.

"It is for them. It is for us. It is for victory."

What Do We Eat Now?

1

Wartime Management

OF FAMILY FINANCES

WE ARE all anxious to put our financial houses in order, but most of us do not know where to begin. We can at least start now and acquaint ourselves with all of the avenues through which our money trickles.

Increasing taxes, high prices, shortages of goods for civilian use, and the need for investing in War Savings Bonds and Stamps demand that we probe deeply into our personal money habits. It is not only a question of lowering our standard of living, but rather one of changing our ways of living.

Changing our living habits from a peacetime to a wartime basis is just as necessary as changing automobile plants into factories for making bombers and tanks. Most of us aim to help by using money, materials, and time patriotically. We are so used to abundance, however, that we do not know how to make a complete about-face and conserve as we should. We have been and still are a rich nation, but we can no longer buy what we want when we want.

We cannot stay in our old ruts. We must consciously gear ourselves to a wartime way of living. Changing the scale of living and spending habits with as little harm as possible is a big job.

The homemaker does the bulk of the family spending. She will also direct the new money plans and lead the family from

a peacetime to a wartime basis of living. She must see money, materials, time, and energy as a whole in order to plan intelligently. She must face basic needs. She must recognize that a penny saved is a penny earned, but she cannot afford to be penny wise and pound foolish. She must be fully aware of her family's real needs and adjust the pocketbook to them.

She cannot do the job completely by herself. The needs, desires, and tastes of each member of the family must be considered and included in the plan. After the new arrangements are made, it is the responsibility of the homemaker to see that they are followed and that they are not disrupted by unnecessary changes. The cost of an all-out war is coming home to all of us. We must be ready to make the sacrifices and readjustments necessary to pay for it.

Where Has the Money Gone?

We can all answer the question "How much have I spent?" by subtracting our balance on hand from our earnings. The question which plagues most of us is "Where has the money gone?" We know how much we spend for insurance premiums, home payments, taxes, coal, high medical and dental bills, and more or less fixed items such as gas, electricity, and telephone. These items consume considerably less than one half of the moderate income.

The rest of the money is absorbed by the so-called household allowance which not only covers food, but is often stretched to pay for soaps, notions, small articles of clothing, school supplies, newspapers, small donations and what-not, by personal allowances, by clothing, and by the advancement expenses. Most people are vague about how much is spent in each of these channels. We can no longer think in lump sums if we hope to make ends meet.

We do not know what the future holds. We can, however, begin today to keep a record of all of our spending so that we can see exactly what we are getting for our money.

Expense records may be boring to keep, but they do not lie

and they bring us face to face with both the good and bad points in our spending. Under peacetime conditions, an expense record may be kept for personal satisfaction. Under wartime conditions it should be kept as an aid to clearing the financial vision, so that we can distinguish needs from luxuries and essentials from non-essentials. Many of us have lived through an era in which yesterday's luxuries have become today's necessities in quick succession. We need all of the help we can find in order to get back to fundamentals. If we are armed with facts, we can curtail much more intelligently.

Writing down what we spend is only the beginning. Plans for the future must be made. They must be flexible so that they can absorb more taxes, more savings, higher prices, and any unforeseen bumps in the financial road ahead. Our plans must allow a wide margin for safety.

Today the careful homemaker on a meager income, who with the closest planning just makes ends meet, wonders whether she can pare her allowances closer, whether she can lengthen the life of the clothing, house linens, and furnishings by better care and more patching, and whether she is missing some tricks which might help her stretch her money for food and household supplies. In most cases the woman who is thinking along these lines is already beating her budget and getting her money's worth out of every penny she spends.

Save, Simplify, and Substitute

The great middle class is often called the backbone of the nation. It is the largest group numerically and by that same token has a great influence on the national economy. As the middle class, and also the people of more ample means, have some choice in their methods of using money, they are the ones who must put the brakes on their spending in a national emergency. They are the people, undoubtedly, who must save, simplify, and substitute.

There is no place for wishful thinking in making personal and family budgets today. One must be brutally honest as to

the known income and known expenditures. In lining up the expenses, one can use any classification that she desires. The important thing is to make an allowance for everything on which one intends to spend money. Nickel, dime, and quarter expenditures add up to sizeable sums. When they or their totals are ignored in budgeting, they pop up as unexpected items and upset otherwise well set plans. The following outline is comprehensive. Even though it covers the last postage stamp, it may still not make allowances for some expenses peculiar to particular cases. It includes, however, the small as well as the large items over which we generally spread our money.

- Reserve for Federal Income Tax
- Reserve for special war emergency fund
- Reserve for debt payments
- Reserve for obligatory contributions
- Savings
  - Social security
  - Bank deposit
  - War Savings Stamps or Bonds
  - Insurance premiums
  - Hospital insurance
- Shelter
  - Rent or payments on the mortgage
  - Taxes, water rent, interest, fire insurance, and repairs
- Food and milk at home
- Meals out
- Operating expenses
  - Winter fuel
  - Electricity, gas, and telephone
  - Household supplies, etc.
  - Service
- Clothing and dry cleaning
- Advancement
  - Automobile
    - Gasoline and oil

    - Tax, upkeep, license, insurance, etc.
- Benevolence (church, community fund, etc.)
- Carfare
- Doctors, dentists, medicine, etc.
- Dues
- Education
- Furnishings
- Gifts
- Papers, magazines, books, etc.
- Personal allowances
- Recreation
- Stationery and postage
- Tobacco, candy, etc.
- Toilet supplies, barbers, hairdressers, etc.
- Vacation
- Incidentals

Taxes Come First

"Save for the sunny opportunity," "Look upon savings as deferred spending for pleasure," and "Choose a pleasant objective for your savings" are characteristic of the savings incentives which have been set forth in the last twenty-odd years. Saving for the rainy day and saving for death and taxes have been definitely taboo and classified as ideas belonging to the horse and buggy era. Today, taxes must have first place in our budgets. We must save for them. It may not be possible to estimate our income taxes accurately, but we can make liberal allowances for them. If time shows that our tax reserves are over-generous, we can easily divert the excess to another channel or use it as a starter for the next year's taxes.

In the management of family finances in wartime, the probable size of the Federal Income Tax for the year should be faced; divided by 52, 36, 26, or 12 according to whether the salary is paid weekly, tri-monthly, bi-weekly, or monthly; deducted from the pay envelope, and earmarked by putting it into a special tax account or into Treasury Tax Notes.

If the income is received at irregular intervals, whether from commissions, earnings in one's own business, professional fees, or other sources, each installment should be made to carry its full share of the income tax. Ideally, income tax money should be accumulated by the last day of the year. The income of the new year should be free to provide for the taxes, savings, and living expenses for that year. Tax money definitely does not belong to us as individuals.

War always brings unusual appeals for contributions and for help. If a budget is to hold up under the strain of wartime conditions, it should include an allowance for a special war emergency fund. Unless we plan a cushion for unusual calls, we may find ourselves paring on necessities in order to meet these demands when they rise. The amount allotted to the wartime emergency fund depends on the individual, but no matter how small or how large, it should have second place in a wartime budget. The money that is left after deducting the allowances for income taxes and war emergencies is ours to divide between saving and spending.

"Make hay while the sun shines" is a good motto for people making high salaries or drawing overtime money in a war industry. People should base their spending on their normal earnings. Extra money should be saved. Whether the future holds adversity or opportunity, a cash reserve will help.

Budget the Net Income

Payments on old debts and current loans, or contributions toward the support of someone outside the immediate family circle, are definitely extra-budgetary items. Allowances for these should be figured and subtracted from the income before planning for the regular family expenses.

We must know the total amount of our income from all sources. We must base our saving and spending, however, on the amount of money that is left in our control after paring allowances for taxes, wartime emergencies, fixed debt payments, and obligatory contributions from the income. In other

words, the net income after deductions should be used as the basis for figuring personal and family budgets.

The tightening of credit, together with the shortage of consumer goods, makes this a good time to get out of debt and plan to stay out of debt. Paying up bills and loans will help individually and nationally. It will automatically cut down our current demand for goods. It will also mean a smaller volume of debt with which to contend during the readjustment period which will come sooner or later. Whether debts are a result of keeping up with the Joneses or are due to emergencies such as illness or unemployment, every effort should be made to wipe them out.

In peacetime, saving is a more or less personal matter. As individuals we are all-important to ourselves. Intelligent self-interest helps us look ahead and protect ourselves and our families with savings in the form of bank accounts, pension funds, life insurance, and investments in good securities.

Buy War Savings Bonds

In wartime, saving is a patriotic duty and is necessary for the success of the war program. We must invest heavily in War Savings Stamps and Bonds. When we buy War Savings Bonds we accomplish two things: We help to finance the war. We obtain a safe investment with a good return.

Saving always implies self-denial. We cannot add an allowance for War Savings Bonds to our budgets and expect to stay in our old spending ruts. We must shave pennies, nickels, dimes, quarters, half dollars, and dollars from the various budget items. We should build up our allotments for War Savings Bonds by doing without some of the comforts, conveniences, and luxuries to which we are accustomed. Most of us have had the privilege of adopting a scale of living which we liked and have not been regimented to a standard of living which might be decent, but not necessarily pleasant. We must be ready to make sacrifices and cut our scale of living in the present in order to preserve our American way of living.

"Budget to buy a share in America" is the objective.

"Do not disturb" is a sign which we should hang mentally on our War Savings Bonds. We should plan to keep our War Savings Bonds. Only in a case of dire need should we turn them into cash before the date of maturity. Allowances for War Savings Bonds should be the foundation on which wartime budgets are built. Ten percent of the income is the minimum allowance for War Savings Bonds in a well constructed wartime budget.

The women of America run the home budgets. They do about eighty-five percent of the family spending. They control over sixty percent of the savings accounts. Individually, women may not think their spending is important, but collectively it has a far-reaching effect. It is not a far cry from budgets to bonds, and the cumulative savings of the homemakers of America can contribute greatly to the success of the War Savings Stamp and Bond program.

Live on Less and Like It

"A year from now what will we wish we had done today?" is a good question for us to keep in mind as we put our money and resources on a wartime basis. Each expense must be eyed coldly and suspiciously. Each allowance should be decreased, increased, or omitted according to its importance in the light of present needs and conditions.

"How shall we live on what is left after we have paid for all of the 'musts' and 'shoulds'?" is the question which nags all of us. The only answer seems to be to streamline all of our expenses so that they can be dovetailed into the money we have available. Lopping off bulges in our spending is always difficult, to say the least.

Snapping out of our comfortable old spending grooves takes effort and will power. Even though we have our new scheme of living well in mind, we will slip back at times and must pull ourselves up into the new road again. Constant self-discipline is necessary in forming new habits.

Neat charts of percentages come to mind when the average person thinks about personal and family budgets. Our peacetime standard budgets for families allot savings 12½%, food 25%, shelter 25%, operating 10%, clothing 15%, and advancement 12½%. For individuals, the peacetime allowances are savings 20%, living expenses 50%, clothing 15%, and advancement 15%. Even in this changing world, these percentages add up to 100%.

Many people have tried to use standard budgets as a panacea for all financial ills. Even in normal times, standard budget figures should never be used except as a pattern. They should always be adjusted to suit the physical and temperamental needs of the family or individual. Personal idiosyncrasies cannot rule a budget, but neither can they be ignored if a budget is to give satisfaction. Today, standard budget percentages perhaps can be used as a yardstick against which to measure the budgeting of the net income and help us see the weak spots which should be mended as soon as possible. Two and two still make four, and if we must spend more than we should on one item, then we must make up the difference by spending less on another.

Savings Are Important

Savings heads the list in the budget outline. We should aim to keep our bank deposits, insurance premiums, and pension funds at their present levels. They continue to be necessary for the protection of ourselves and our dependents. Maintaining our present commitments helps us personally and indirectly aids the war program, as both banks and insurance companies invest some of their funds in government securities.

Savings accounts equivalent to three months' salary, and life insurance policies equal in value to two years' income, are considered minimum standards for safety. They continue to be the first goal at which to aim in a savings and insurance program.

It has been estimated that under normal conditions twenty-

seven percent of the national income is spent on food. The larger the income, the smaller the proportion of the income the family spends on food.

The homemaker with a family of five to feed buys and prepares close to five tons of food a year. Under normal conditions she often asks herself "What shall we have for dinner?" if she is interested in giving her family enjoyable and interesting meals. Faced with rising prices, rationing, and the need of using substitutes, she asks in addition "What do we eat now?". By relinquishing some of our present food habits, accepting gracefully proper substitutes, using seasonable foods, and simplifying our meals, we can put some control on our food budgets. If we use imagination and ingenuity, we can still serve interesting and nourishing meals which spell fun and enjoyment.

Experience is a dear teacher. We hope that this little book, based on experience, will take some of the trial and error out of planning wartime menus and help toward victorious meals.

To Buy or Not to Buy a House

Shelter is the second big expense item. If we are renting, we pay the rental that has been set as fair. A safe rule of thumb is that rent should not exceed a week's net wages. If we are buying a home, we must meet our scheduled payments for taxes, fire insurance, interest, and principal. In wartime, when there is often a scarcity of desirable living quarters for renting, people sometimes feel almost forced to buy a home and frequent questions are, "What price home can we afford?" and "How much cash should we have for a down payment?".

The desire for an attractive home is so strong that people are often tempted to undertake buying a home before they have built up sufficient cash reserves and also to buy more expensive homes than they can afford.

Before attempting to buy a home, a person should have life insurance policies equivalent to at least twice the yearly salary. In case of death, two years' salary, of course, does not

give great protection, but it does give the wife a chance to do some readjusting.

The down payment and other costs connected with buying a home should not strip the bank account. A family needs cash to tide it over emergencies, such as unemployment and illness. A bank account equivalent to three months' earnings is considered a reasonably safe reserve. Generally speaking, the total investment in a home should not be more than twice to two and one-half times the net yearly income; and the net monthly income should be four and preferably closer to five times the monthly payment. For instance, on a net income of two hundred dollars a month, one should do very close figuring before paying more than six thousand dollars for a house and obligating oneself to more than a fifty dollar monthly payment to cover interest, principal, and taxes.

In their enthusiasm over the acquisition of a new home, people are wont to forget that they should make an allotment for repairs and upkeep. People often make the financial grade from month to month, but, when a big repair bill such as painting comes along, they find themselves short of funds. The repair fund depends on many things, but in general from one to two percent of the value of the house should be set aside each year for upkeep.

Everyone can point to cases where generally accepted safe rules pertaining to home ownership have apparently been ignored but still the buyer has been able to meet his obligations. There are exceptions to all rules, but we must remember that we see only the surface of the financial lives of our neighbors —we know nothing about the worry, sacrifices, and possible gifts that have gone into making home ownership a reality.

Operating costs bear watching. They can be controlled a bit by turning off the gas and electricity when not in use, by more thoughtful use of the telephone, by careful stoking of the furnace, and by keeping a watchful eye on the kitchen, bathroom, and laundry supplies. These small economies lack glamor, but the small savings are definitely important.

Wages for resident help and part-time service both in the house and in the yard, and bills for laundry and the dry cleaning of household furnishings, are classed under operating. These items should all be reviewed to determine whether their present allowances belong in a wartime budget.

In America, where practically everyone looks well dressed, we are apt to pounce upon clothing as one of the first items to be cut in an economy program. Very definitely we should take stock of our wardrobes, put old ideas and prejudices aside, and decide what can be salvaged through repairing and renovating. We cannot entirely eschew new additions to our wardrobes, but we must fit our new garments into the clothing we already have.

Conserve, convert, and curtail are words that seem especially applicable in testing out our clothing. Are we conserving our clothing by proper cleaning and storage? Have we hanging in our closets clothing that can be converted into garments for other people? Can we curtail our clothing expenses by repairing our shoes and wearing them a few more months, by refurbishing an old dress with new accessories, by having hats cleaned and blocked, etc.? We may not arrive at the place where we will wear with pride frayed cuffs and collars, shabby suits, and out-moded hats, but we must look at our clothing with an idea of extending its usefulness and wearability. Many of us can cut our clothing allowances and still be well dressed.

Self-Improvement vs. Self-Indulgence

The freedom of the American people in their advancement spending perhaps has not set them apart from other people, but it has given them a characteristic flair and resiliency. If we take advancement items in alphabetical order, we meet the automobile first. Priority ratings and rationing of gasoline have both stepped in to show us when a car is a necessity and when it ranks as a convenience. Curtailing car operation at least frees some money which helps out the other budget allowances.

Benevolences, charitable contributions, church pledges, etc., come next in our list. No curtailment can be countenanced here, rather we should plan to increase these allowances.

Dues are a big item for the chronic joiner, but for the average person they do not take a large slice of the income. We should distinguish between dues to social organizations and those to business and professional groups, which, of course, should be retained for the sake of business and professional contacts and advancement. We all, however, get into the habit of paying dues to clubs and organizations to which we are no longer useful and which are no longer valuable to us. We should check our dues with a coldly critical eye.

Education expenses are always with the family where there are children, whether it means only the purchasing of minor school supplies or the paying of college tuition. It may be necessary to postpone special lessons in dancing, music, and other desirable but not vital accomplishments. Good education and training are essential to the American standard of living. We must retain in our budgets adequate allowances for education.

Gifts are a bugbear, especially for young people who can least afford them. At times life seems a succession of graduation, shower, wedding, and baby presents, with birthdays and Christmas tucked in between. "Am I giving this for my personal satisfaction or because of my real interest in the recipient?" is a good test to apply to our personal giving. We may not need to omit friendly remembrances, but we can simplify our giving and relieve the strain on the pocketbook.

Medical and dental care takes a share of the income, but well-regulated living helps to keep these bills down. Planned prevention, whether in the form of regular visits to the dentist, hospital insurance, medical care to prevent minor ills from becoming major ills, etc., all can make for savings.

Every one of us should be completely ruthless in our weeding-out process when it comes to a question of personal allowances and personal upkeep. Our pet extravagances are usually hidden here. Cigarettes, rouge, lipsticks, powders, cologne,

drinks, taxi fares, hairdressers, barbers, and many other items are concealed in this category. We can no longer slide over personal allowances as lump sums. It is up to each of us to differentiate the necessities from the conveniences and luxuries and do some eliminating.

Reading matter, whether newspapers, magazines, or books, has some place in every budget. We should go over our lists and see how many we really read and how many we would not miss if we dropped them.

Recreation, entertainment, and vacation must not be forgotten. In times of stress, some form of diversion is necessary. With the curtailment in the use of the automobile and also in other modes of transportation, there will be a tendency to a return of the good old days where the home was not only the hub about which the family life revolved, but was also the center for recreation and entertainment. Some of the money freed from the usual allotments for the automobile, travel, and vacation might perhaps be wisely used to make the home a more inviting and restful retreat for the family and a more attractive place to entertain friends.

At the end of our budget list we put incidentals—often called G.O.K. for "goodness only knows." It is more important now than ever to put something aside for unanticipated expenses. We will all need cushions of cold cash to act as shock absorbers and help us over the road that lies ahead.

After working out a budget, the question "How shall I keep my money separated?" usually arises.

An account book classified to conform with the budget headings shows at a glance how the actual expenses and the budget compare. For the account keeper, we advise putting reserves for seasonal and monthly expenses into a checking account and keeping track of the budget balances in the account book.

We know only too well that many people will not keep household accounts, but do want to have money ready for coal, clothes, and other big expenses. The use of a system in which

the money is actually divided and put into labeled containers has started many people on the road to success in money management. Envelopes, muffin pans, egg boxes, series of small jars, and cash boxes, properly labeled, have all served to keep money separated and ready for special uses. As this method keeps in mind and in actual sight the bills that are ahead, the person finds herself putting the brakes on her current spending. The weak point is that it entails keeping cash in the house.

We get the most out of any game when we keep the goal constantly before our eyes. The same is true with our budgets and accounts. We must keep in mind the accomplishments we want most and adjust our living with that end in view. This year we can only get the most out of our money by remembering that we must have money on hand for taxes, that we must save more than we ever have before, that we must have a margin so that we can absorb any shocks that may come, and that we must control our expenses so that a year from now we will not have too many unfulfilled wishes. Will power, rather than wishful thinking, is necessary for the successful carrying out of our personal money programs.

2

Patriotic Economy

THE order given that a collapsible tube must be turned in when making the purchase of a tube of tooth paste continues to typify to us the small economies which were forgotten in the days of peace and plenty, but must be remembered and put into practice in these days of war and shortages. We must waste nothing and we must take care of the things we now have. Men, machines, and materials must all be released for war use.

Drives for the collection of rubber, scrap metal, paper, fat, and rags have made us aware of the shortages in materials. Are we conscious of the economies that we can also effect by putting the brakes on some of our habits which, perhaps, were not good in peacetime, but which should definitely be classed as wasteful in wartime?

"Charge and send" can no longer be allowed to roll off our tongues easily. Careful buying is an essential patriotic economy. We can use our credit, but we should buy only to satisfy current needs. We definitely should not indulge in panicky buying, and we must not hoard. It may be hard to draw the line between proper provision for the future and hoarding, but unbiased thinking will show us what we would buy normally and should govern us in our current purchasing.

"Carry parcels when possible" is another rule we should adopt for ourselves. A soldier carries over sixty pounds of equipment. A civilian should both expect and be willing to carry bundles.

Unnecessary returns of merchandise are always costly. If the homemaker not only arms herself with a shopping list, but also knows how much she has to spend, she will take less of the time of salespeople. The chances are that she will also keep more of the things which she buys. The time to do comparative shopping is before buying.

We should examine our personal practices and decide which of our everyday habits should be changed, so that we can add to our share in helping the war effort.

Good buying is essential to good management. Good care and lack of waste are also inherent in sound economy. Today we must prolong the life of our furnishings, equipment, and clothing by good care, so that we may enjoy our present conveniences and comforts as long as possible.

"Stretch" Rubber

Tires seem to be the number-one rubber worry, but in the home we have rubber equipment ranging from plate scrapers to rubber sheets, also deserving of special care. Some "don'ts" which should be observed in cleaning and storing rubber are:

Don't expose rubber to sunlight.

Don't store in a warm place.

Don't allow oil and grease to stand on rubber.

Don't use dry cleaning fluids in cleaning rubber.

Don't use rubber gloves when cleaning copper and brass. Copper causes rubber to get soft and sticky.

Rubber calls for careful consideration. Ordinary soap and water can be used in washing articles made entirely of rubber, but only mild soap should be used on sheet rubber and rubber-coated cloth.

All-rubber articles, such as overshoes and galoshes, should be cleaned with soap and water, dried thoroughly in a cool place, and stored in a cool, dry place. They should also be stuffed with crumpled paper to help keep them in shape and to prevent them from cracking.

Sheet rubber and rubber-coated fabrics should be spread

out on a flat surface and scrubbed with a soft brush and a rich, mild suds, washed off with water, and wiped dry with a cloth, or hung to dry.

If stains cannot be removed with soap and water, they may be treated quickly and lightly with cleaning fluid, but they must be well rinsed with water.

Garments, such as girdles, which combine fabric and rubber are best washed in rich, mild suds. They should be doused up and down in the suds, rather than rubbed. They should be rinsed thoroughly, and the water squeezed out of them rather than wrung. They should be hung to dry in a cool place. Wrapping in a dry cloth, before hanging, absorbs some of the moisture and shortens the drying time.

Hot water bottles, ice bags, syringes, and other articles of this type should be dried thoroughly after using and stored in a cool place. Rubber gloves should be washed, dried, and dusted with talcum powder.

Rubber parts in household equipment, such as cords for vacuum cleaners and electric irons, should be left in their natural position, if possible, or coiled loosely and stored in a cool, dry place.

Garden hose seems to resist the ravages of heat and sunlight better than household rubber, but, even so, it should be stored out of the sun. After using, it should be drained, freed from grit, and coiled without kinks.

Save Wool

"Moths" and "wool" are two words which are often associated. Moths seem to be attracted particularly by soil in woolen fabrics and by wools stored in dark places, such as garments in dark closets and carpets under heavy pieces of furniture.

Dry cleaning, laundering, and sunning are good moth preventives. Before storing, all woolens should be cleaned thoroughly to free them from moth eggs and larvae.

Washable woolens should be laundered in good thick soap suds. Other garments should be dry cleaned. If neither laundering nor dry cleaning is possible, the article should be brushed or beaten, and sunned, with particular attention paid to pleats, hems, and pockets where dirt and dust collect.

Woolens should be stored by putting into paper bags, wrapped in paper, sealed in boxes, placed in tight closets, or in trunks with closely fitting covers. Care should be taken not to break the paper or seals. The moths cannot work through paper, but they seize the opportunity to get to the woolens through the slightest tears in the paper coverings.

Most cedar-lined home closets and cedarized bags offer no protection unless the openings are sealed and the stored articles are perfectly clean. These materials do not kill moths.

Flake naphthalene, paradichlorobenzine, moth balls, and other moth flakes give added protection if put into the receptacles in which wool is stored.

We should scan our cleaning closets and see that the equipment is properly stored after using. Vacuum cleaners and carpet sweepers take on a new value as the supply diminishes. We should read again and heed the manufacturer's directions. The following are some general directions in the care of:

Vacuum Cleaners and Carpet Sweepers

1. Broken glass, tacks, pins, or any sharp pieces of metal may harm the vacuum cleaner. These should be picked up before vacuuming the carpet.
2. Keep the brushes clean and empty the bag after using.
3. Keep the cord out of the way of the cleaner. Running over the cord may harm the insulation.
4. Clean and empty the carpet sweeper after every use. Keep the brushes and cogs free from dust, string, and hair.

Brushes and brooms must also be treated with new respect. They should be hung up, as resting on the floor is hard on the bristles.

Mops should be washed in warm soapy water and also stored by hanging.

All of the cleaning gadgets should be kept clean, oiled, and properly stored, so that we can enjoy these labor-savers as long as possible.

In the laundry, the present washing machines and electric irons must have their usefulness extended to the fullest. The manufacturer's instructions should be re-read and followed, but, again, some general suggestions may help:

Washing Machines

1. Too large a washing load overtaxes the motor. Err on the side of too light rather than too heavy a load for the machine.
2. Clean and rinse the washing machine after using. Dry the container if it is metal. Leave a little clean water in wooden tubs to prevent cracking and drying out.
3. Wipe the rollers of the wringer after using and release the pressure.

Electric Irons

1. Avoid dropping. Accidents will happen, but a little care helps and will prevent jarring and harming the mechanism.
2. Always turn off the current if called away when using the iron.
3. Keep the cord out of the way of the iron. Running the iron over the cord is hard on the insulation.
4. Store the iron in a dry place. Store the cord so that it has no kinks or knots.

In the kitchen, we are confronted with our pots and pans, our beloved gadgets, and all of our prized electric appliances, such as toasters, percolators, waffle irons, etc.

Our present supply of pots and pans must be made to serve a long time. We cannot afford to be careless with them. Some good rules to remember are:

1. Don't use strong soaps and powders on aluminum. Remove stains with steel wool or a fine scourer. If the stains do not yield, put some acid solution, such as vinegar and water, into the pan and boil.
2. Beware of coarse abrasives on enamel ware, as the surfaces chip easily. A fine cleaning powder is harmless. Where food is burnt on, boiling in a weak solution of soda helps.
3. Scour iron ware and use strong soap to remove grease. Dry thoroughly. If not used frequently, rub with salt-free fat to prevent rusting.
4. Do not scour tin. Wash thoroughly, dry carefully, and store in a dry place.

Electric Appliances

1. Read and follow the manufacturer's directions.
2. Keep the heating unit of every electric cooking appliance out of water.
3. Remove the crumbs from the heating coils of the toaster with a soft brush.
4. Do not overload the electric mixer, either with too large a quantity or too thick a mixture.
5. Do not fill percolator too full. If the liquid bubbles over it may injure the heating unit.

Textiles and Clothing

"A stitch in time saves nine" should be the watchword as we look into our clothes and linen closets. It was never good economy to discard partly worn textiles, but today it is necessary that we care for linens, cottons, and rayons, as well as wools, silks, and nylon, so that we can keep our supply in use as long as possible.

Clothes should be brushed or cleaned after wearing. They should be stored so that they keep their shape. Shoes and hats must also be made to last by keeping them clean and in good repair.

Household linens should be examined for tears or rips, and mended at once. The new resin-treated mending material is a welcome addition to the wartime mending basket. This mend-

ing material is set under the worn or torn place in the fabric, pressed with a hot iron, allowed to cool, and the mending is all done. These patches will stand both washing and ironing.

Even in peacetime, hosiery takes a disproportionate slice of the clothing budget. Now that nylon and silk are needed for war purposes, both scarcity and price make us exceedingly hosiery conscious. Silk, nylon, and rayon hose should be laundered as soon after wearing as possible. They should be washed by squeezing in warm, neutral suds and rinsed in water of the same temperature. The moisture should be squeezed out and the hosiery dried at room temperature. Nylon dries in less than an hour. Silk dries less quickly. Rayon dries very slowly and is easily harmed while wet. It should be thoroughly dry before being worn after washing.

We have been the richest people in the world. We have been used to an abundance and variety of goods in our homes and in the shops. As less and less goods are manufactured for civilian use, it will be increasingly difficult to make normal replacements. We must treat our present supplies with care, learn how to mend and patch skillfully, and get full value out of all our materials. As time goes on, we will feel wartime pinches sharply. We must resurrect and put into full use the basic thrift principles which were practiced by our forebears and helped to make the strong America of today.

In the easy come, easy go days through which we have lived, most of us have had no conception of old-fashioned thrift. A verse written about 1876, by Rowland Howard, and quoted freely by our grandparents and great-grandparents, takes on a new meaning for us today when we are faced with scarcity rather than plenty:

"Waste not, want not, is a maxim I would teach.
Let your watchword be dispatch, and practice what you preach.
Do not let your chances like sunbeams pass you by,
For you never miss the water till the well runs dry."

3

Planning Menus

FOR HEALTH AND ENJOYMENT

WHAT do we eat now? The 1,095 meals that are served the family in the year must promote health and well being. They must give their full measure of enjoyment and pleasure. This in the face of higher food prices and diminishing supplies of some of our staples. The task is not an easy one, but it is important, interesting, and challenging.

"Better growth and development, higher attainment in stamina and working efficiency, and a longer lease of healthier and more useful life may all be realized through the use of the newer knowledge of nutrition," Dr. Henry C. Sherman tells us. What then, is this newer knowledge of nutrition? How can it be applied to the planning of the family menus in a way to maintain pleasure in eating and promote health?

A guide or yardstick has been devised by nutritionists. On it certain groups of basic foods are listed. By following the outline, including in the day's plan, foods from each group, and adding to it such foods as are desired from the standpoint of flavor and satisfying the appetite, we may be reasonably certain that essential needs are being met. But neglect any one class, and danger may lie ahead.

The body is a machine—a complex mechanism. To build muscles and tissues (as in the growing child), to keep them in repair at all ages, the right kind of material is required, and

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that material is protein. We find it in milk, eggs, meat, cheese, and the legumes.

As we move about, or in the very act of resting, we expend energy. There must be fuel for that. Here the fats and the carbohydrates (the sugars and starches) serve.

To build strong bones and teeth, to enable the tissues of the body to function normally, we need such minerals as calcium and phosphorus, for which milk is famed. Iron is essential to all body cells and in the building of blood. Liver, heart, kidneys, oysters, egg yolks, dried fruits, leafy vegetables, supply us with this important element and its partner, copper. Iodine is necessary to help with the utilization of food, and to help prevent goiter. It is found in the sea foods, iodized salt, garden produce, and drinking water in coastal regions.

The vitamins, about which we hear so much, are the little but mighty essential food factors we need every day to maintain life and to promote good health. With insufficient amounts we can be physically just below par, not feeling so well, or even very ill. The foods we eat are the best sources of them. The vitamins work individually, hand in hand with the minerals, and with each other. They are known by the letters of the alphabet, and to say them over quickly, they are:

Vitamin A, which is required for growth and healthy development. It helps keep the mucous membranes in good condition, giving us better resistance to infection. It is especially important for vision in dim light, and for quickly adapting to the change from bright light to darkness.

Vitamin B Complex is made up of a number of factors with functions that seem to overlap somewhat.

Vitamin B_1, or Thiamin, regulates the appetite and helps us to make full use of the foods we eat. It is essential for growth and normal functioning of the nervous system.

Vitamin B_2, or Vitamin G, or Riboflavin, promotes growth and physical fitness. It seems necessary for the healthy condition of the eyes, the skin, and hair.

Niacin has to do with the health of the skin, normal functioning of the stomach and of the nervous system. Along with other member of the B Complex, it is a preventive and curative for pellagra.

There are several other vitamins in the B Complex, but the definite value and quantities needed for human nutrition have not yet been fully established.

Vitamin C, or Ascorbic Acid, is necessary for building strong bones and teeth, and assists in maintaining strong and elastic blood vessel walls. It prevents and cures scurvy. It is necessary for growth and positive health.

Vitamin D is essential to help the body use the calcium and phosphorus in building strong bones and teeth. It prevents and cures rickets.

Vitamins E, K. The requirements of the human body have not been determined, but these vitamins are being used successfully by the medical profession.

In following the Daily Food Guide or Yardstick, these food elements are supplied, and it is not necessary, except as a matter of interest, to remember them.

Popular Vitamin Pills: The fad for taking vitamin pills has swept the country. A healthy person can obtain all the known vitamins in required amounts from an ordinary, adequate diet, as suggested in The Day's Food. Vitamin D may be the exception, unless there is an abundance of sunshine. Beyond the age of infancy, the exact requirement of vitamin D is not known. Supplementary supplies in some form may be recommended by the physician.

THE DAY'S FOOD	WHY IT IS IMPORTANT
Milk and Milk Products: At least a pint for everyone —more for children—or cheese or evaporated or dried milk.	Milk is a body building and protective food. Get your full quota daily to supply calcium, phosphorus, and vita-

THE DAY'S FOOD	WHY IT IS IMPORTANT
	mins A, B_1, G, and small amounts of D (more when irradiated). Easily digested proteins, fat of the cream, are also furnished.
Oranges, Tomatoes, Grapefruit: Or raw cabbage or salad greens—at least one of these.	Chiefly for vitamin C, so necessary for growth and positive health. Raw salad greens are also rich sources of vitamin A, iron, and calcium.
Green or Yellow Vegetables: One big helping or more—some raw, some cooked.	Chiefly for vitamin A. The darker the color (green or yellow), the better. Remember vitamin A has to do with resistance to infections, helps with vision. B_1 and C are in some of the vegetables. Iron and copper are furnished by the green vegetables.
Other Vegetables and Fruits: Potatoes, other vegetables or fruits in season.	Dried fruits are especially high in vitamin A and B_1. Others, such as potatoes, cauliflower, strawberries, asparagus, contribute vitamin C.
Bread and Cereals: Whole-grain products or enriched white bread and flour.	Whole-grain or enriched cereals are particularly good sources of vitamin B_1, or thi-

THE DAY'S FOOD	WHY IT IS IMPORTANT
	amin, which is apt to be low in American diets and is important for keeping up general good feeling, appetite, alertness, efficiency, morale. These foods are also excellent energy foods and furnish iron and phosphorus in good amounts.
Meat, Poultry and Fish: Dried beans, peas, or nuts may be substituted occasionally.	Good for body-building proteins, iron and phosphorus, some of the vitamins particularly those of the B group—and flavor.
Eggs: At least 3 or 4 a week, cooked any way you choose —or in "made" dishes.	Eggs are body building; the yolks are excellent sources of vitamins A and B_1 and G; G is also in the egg white. Calcium, iron, and phosphorus are also supplied by eggs.
Butter: Vitamin-rich fats, peanut butter, and similar spreads.	Vitamin A is in butter and is added to the vitamin A fortified margarine. Peanut butter is a good cheap source of vitamins B_1 and G.

THE DAY'S FOOD	WHY IT IS IMPORTANT
Additional Foods: Sugar, sirups, jams, and preserves; condiments, sauces, seasonings and herbs, salad dressings, leavening agents and staples, to make meals complete and enjoyable.	These complete the menus, giving flavor and zest.

With such a key, one can easily see why it is better to plan the meals with a full day in mind, instead of from meal to meal. In fact, planning several days' or a week's menus at a time has its advantages. It helps in organizing trips to market, enables us to buy better, and promotes greater variety. Seeing the meals outlined on paper shows up too frequent repeats on foods, and also tends to suggest others that are temporarily forgotten.

Cost, from low, to moderate, to liberal allowance, is gauged by the selection of the foods in each group. In vegetables and fruits, for example, selection can be made from the product most plentiful in market and, therefore, selling at the lowest prices. The same may be said of meats. The milk bill can be kept down by using part evaporated milk in place of some of the fresh, and to give richness to creamed dishes. Margarine can be used in place of part or all of the butter. Cereals and breadstuffs may be purchased to give the greatest value for the money expended. Similar economies can be practiced through the entire meal. The leftovers too can be fitted into the general pattern, using the last bit of roast and letting vegetables and fruits supplement those freshly prepared.

The less one has to spend for food, the more careful one must be. Menus can still be appetizing, enjoyable, but it will take more time and thought to make them so. There are ways of saving in supplying needs, but we must be careful that they are safe economies and not false.

PINCH PENNIES WITH SAFE ECONOMIES	FALSE ECONOMIES
Milk: Take advantage of the cheaper forms of milk—evaporated, dried, skim, buttermilk, and cheese.	To reduce the required amount of milk and milk products below the suggested daily allowance.
Use three additional tablespoons of butter or vitamin A margarine for each quart when using milk from which cream has been removed, such as skim, dried skim. Evaporated milk may take the place of cream and can be whipped. Use in flavored beverages.	To throw away sour milk.
	To let the milk and dairy products stand without refrigeration.
Oranges, Tomatoes, Grapefruit: Conserve vitamin C in citrus fruit and raw fruits and vegetables by preparing just before serving.	To buy in too large quantities with spoilage resulting in waste.
Dry orange and lemon rind, and grate, to add flavor to baked goods and puddings.	To disregard the kind of citrus fruit most plentiful in market and selling at lowest price.
Vegetables: Use the vegetables in season and the cheapest ones in the particular group, whether fresh, dried, canned, or frozen.	To leave fresh vegetables in a warm kitchen to become wilted and to lose vitamins.

PINCH PENNIES WITH SAFE ECONOMICS	FALSE ECONOMIES
Serve raw when palatable, to save vitamins, fuel, and effort.	To prepare vegetables and let stand in water, causing loss of flavor and food value.
Cook in small amounts of of water. Use the water in soups, gravies, and cream sauces.	To overcook vegetables.
Use outside leaves of cabbage, lettuce, greens, and celery for soup.	To throw down the drain the water in which vegetables are cooked.
Cook root vegetables, when possible, in skins, or pare thin.	To store leftover vegetables in the refrigerator so long they lose flavor, good appearance, and food value.
Buy the grade of canned goods according to the intended use. Cheaper grades are just as good when size and appearance are not important.	To over-emphasize the good-for-you value of foods and thereby form prejudice.
Bread and Cereal: Home-cooked cereals, whole grain and enriched, are cheap energy foods and furnish vitamins and minerals.	To spend all your time in the kitchen to save a few cents, when as good a product can be purchased.
Leftover cereals can be used in simple desserts or molded and panfried.	To let bread mold.
	To miss the opportunity of buying whole-grain or enriched bread and cereals for the vitamins and minerals.

PINCH PENNIES WITH SAFE ECONOMICS	FALSE ECONOMIES
Cereals are meat extenders.	
Save all dry bread for use as toasted bread crumbs or in puddings.	
For a small family keep bread in the refrigerator to retard mold growth.	
Meat, Poultry and Fish: Liver, kidney, and heart give especially good values.	To cook meat at high temperatures and cause shrinkage.
Be ready to use available cuts selling at best prices. Some cuts require longer cooking and sometimes more ingenuity in varying the methods of preparation.	To miss the opportunity to combine leftover meats with cereals and vegetables in new dishes.
	To talk about your economical foods at meal time.
Dried beans, peas, lentils, nuts, are substantial and can be used often for economy. The legumes take on a meat flavor from a small amount of meat.	To neglect planning for necessary packed lunches in the day's cooking.
Peanuts in salads, cookies, and sandwiches make good food and good flavor.	

PINCH PENNIES WITH SAFE ECONOMICS	FALSE ECONOMIES
Eggs:	
Use the cheaper grade for cooking.	To pay a higher price for the color of the egg. Brown and white eggs are of equal value.
Plan to use the whole egg. When only the yolk is needed in a recipe, make a meringue of the white, or add the white or a yolk to cream sauce.	To let eggs stand in a warm place.
Butter and Other Spreads:	
Take advantage of vitamin A margarine for table use and cheaper fats for cooking.	To waste meat fats which can be utilized for war supplies.
Save all meat fats. Keep them cool and use for cooking.	
Butter is a good buy for flavor and vitamin A.	
Additional Foods:	
Simple meals, with less highly seasoned foods, served attractively, can be enjoyable.	To serve uninteresting, unappetizing foods because of scarcity of usual seasonings.
	To store spices open or in a warm place for seasoning quality to disappear.
	To stop having guests because you are having simple, inexpensive meals.

PLANNING MENUS FOR HEALTH AND ENJOYMENT

Menus can be planned by pattern as are dresses. We use different materials and styles according to the pocketbook and tastes of the family. We have used in our weekly illustrations meals that can be prepared at low to moderate cost. It is easy to go up the scale. It is also easy to dress up these meals by substituting other foods from the same class as the foods suggested in these menus.

PLANS	MENUS
I. *We Use Citrus Fruit and Meat*	
Breakfast	
Citrus fruit	Oranges or orange juice
Cereal	Corn griddle cakes with sirup, honey, molasses, or jam
Milk for children	Milk for children
Beverage	Coffee for adults
Lunch or Supper	
Main dish of cheese	Cheese Fondue
Leafy salad	Cabbage salad
Whole-grain bread	Rye bread and butter
Milk for children	Milk for children
Beverage	Tea for adults
Dinner	
Meat	Boiled Dinner (Beef, potatoes, green beans, turnips, onions)
Potatoes	
Green or yellow vegetable	
Fruit	Apple and celery salad
Whole-grain bread	Whole-wheat bread and butter
	Gingerbread
Milk for children	Milk for children
Beverage	Coffee for adults

PLANS	MENUS
II. *Leafy Raw Salad and Tomatoes, plus Fruit Dessert Takes the Place of Citrus Fruit for Breakfast*	
Breakfast	
Dried fruit	Prunes
Whole-grain cereal	Whole-wheat cereal with top-milk
Enriched bread	Enriched toast with butter
Milk for children	Milk for children
Beverage	Coffee for adults
Lunch or supper	
Leafy vegetable and milk	Cream of spinach soup
Yellow vegetable	Carrot strips
Whole-grain bread	Whole-wheat bread and butter
Fruit	Apple sauce
Milk for children	Milk for children
Beverage	Tea for adults
Dinner	
Fish	Panfried fish fillets
Potatoes	Hashed brown potatoes
Green vegetable	Green beans and celery
Enriched bread	Enriched bread and butter
Tomatoes and leafy vegetable	Tomato salad on mixed greens
Citrus fruit	Ambrosia
Milk for children	Milk for children
Beverage	Coffee for adults
III. *We Do without Meat and Use Legumes*	
Breakfast	
Citrus fruit	Grapefruit
Egg	Rice and scrambled eggs

PLANS	MENUS
III. *We Do without Meat and Use Legumes—continued*	
Breakfast—continued	
Whole-grain bread	Whole-wheat toast and butter
Milk for children	Milk for children
Beverage	Coffee for adults
Lunch or Supper	
Hearty sandwich	Peanut butter and honey on whole-wheat bread
Green and yellow vegetables	Green bean, carrot, and onion salad
Dried fruit	Stewed prunes
	Cookies
Milk for all	Cocoa for all
Dinner	
Substantial dish (Legumes with meat flavor)	Baked beans
Leafy salad	Green cabbage salad
Whole-grain bread	Boston brown bread and butter
Fruit	Stuffed baked apples
Milk for children	Milk for children
Beverage	Coffee for adults
IV. *Tomatoes and Raw Vegetables Instead of Citrus Fruit*	
Breakfast	
Tomato for citrus fruit	Tomato juice
Fried cereal	Fried cornmeal mush with sirup, honey, or molasses
Milk for children	Milk for children
Beverage	Coffee for adults

PLANS	MENUS
IV. *Tomatoes and Raw Vegetables Instead of Citrus Fruits—continued*	
Lunch or Supper	
Vegetable and milk	Cream of potato and bacon soup
Raw vegetable—yellow	Carrot, celery, and rutabaga strips
Dried fruit	Stewed apricots
Whole-grain bread	Rye bread and butter
Milk for children	Milk for children
Beverage	Tea for adults
Dinner	
Meat specialty	Liver à la Creole
Vegetables	Potatoes
	Lima beans and corn succotash
Leafy vegetable	Buttered chard or cabbage
Whole-grain bread	Whole-wheat bread and butter
Fruit	Apple Brown Betty
Milk for children	Milk for children
Beverage	Coffee for adults
V. *Cereals with Meat Flavor and Plenty of Milk and Cheese*	
Breakfast	
Fresh fruit in season	Berries
Eggs	Poached eggs
Enriched bread	Enriched toast with butter
Milk for children	Milk for children
Beverage	Coffee for adults

PLANS	MENUS
V. *Cereals with Meat Flavor and Plenty of Milk and Cheese—continued*	
Lunch or Supper	
Vegetables—cheese	Welsh Rabbit on Vegetables and Toast
Fruit	Fruit salad
Enriched bread	Enriched bread and butter
Milk for all	Cocoa for all
Dinner	
Meat to flavor vegetable and cereal	Chop Suey Rice
Tomato and raw leafy salad	Sliced tomato and mixed green salad
Enriched bread	Prune bread and butter
Milk dessert	Spanish cream with cookies
Milk for children	Milk for children
Beverage	Tea for adults
VI. *Inexpensive Meat*	
Breakfast	
Citrus fruit	Grapefruit
Whole-grain cereal	Oatmeal with topmilk
Enriched bread	Enriched toast with butter
Milk for children	Milk for children
Beverage	Coffee for adults
Lunch or Supper	
Leafy vegetable—Milk	Cream of spinach soup
Egg	Egg and bacon sandwich on whole-wheat bread
Whole-grain bread	
Fruit	Summer Apple Sauce
Milk for children	Milk for children
Beverage	Tea for adults

PLANS	MENUS
VI. *Inexpensive Meat—continued*	
Dinner	
Meat	Swedish Meat Balls
Potatoes	Mashed potatoes
Yellow vegetables	Glazed carrots
Raw vegetable	Cucumber and onion salad
Whole-grain bread	Whole-wheat bread and butter
Raw fruit in season	Berries with soft custard
Milk for children	Milk for children
Beverage	Coffee for adults
VII. *For Hot Weather Days We Satisfy the Food Needs*	
Breakfast	
Fruit or melon in season	Melon
Egg	Scrambled eggs with bread crumbs
Whole-grain bread	Whole-wheat toast with butter
Milk for children	Milk for children
Beverage	Coffee for adults
Lunch or Supper	
Milk alternative	Cottage cheese salad with vegetables and greens
Leafy vegetable	
Enriched bread	Graham bread and butter
Fruit	Sweet cherries
Milk beverage	Cocoa for all
Dinner	
Meat	Lamb patties with jelly
Green and yellow vegetable	Summer squash
	Green peas
	Cucumbers and radishes in sour cream

PLANS	MENUS
VII. *For Hot Weather Days We Satisfy the Food Needs—continued*	
Dinner—continued	
Whole-grain cereal	Whole-wheat bread and butter
Fruit	Fresh peaches and cookies
Milk for children	Milk for children
Beverage	Iced beverage for adults
VIII. *Cold Weather Needs for Fuel and Energy*	
Breakfast	
Dried fruit	Stewed dried peaches
Whole-grain cereal	Fried whole-wheat cereal
	Enriched toast and butter
Milk for children	Hot cocoa for children
Beverage	Coffee for adults
Lunch or Supper	
Vegetables—yellow, green	Minestrone
Bread and leafy vegetable	
Fruit	Shredded lettuce sandwich
	Apple sauce with gingerbread waffles
Milk beverage	Cocoa for all
Dinner	
Meat	Pork steak with sweet potatoes
Yellow vegetable	
Tomatoes (in place of day's citrus fruit)	Scalloped tomatoes
Whole-grain cereal	Corn bread and butter
Fruit in dessert	Cottage pudding with fruit sauce
Milk for children	Milk for children
Beverage	Coffee for adults

4

STRETCHING

The Food Dollar

STRETCHING the food dollar to make it buy its limit in health value, enjoyment, and pleasure involves careful planning, marketing, proper storage of food, and preparation for use.

Time spent in planning menus and marketing is a saving in money and energy later. It makes for ease in being certain the basic food needs are met. Plans, however, must be kept flexible enough to meet changes in family schedules and market offerings. If The Day's Food outline is kept in mind, it is simple enough to substitute an unplanned food for one originally decided upon.

Marketing can be the most interesting part of the providing for the family meals, or it can be drudgery. It, too, requires planning, thought, and good organization. Perhaps a few general pointers will help:

1. Prepare for the trip to market, taking stock of supplies on hand in cupboard and refrigerator, and keeping at all times a list for noting down staples as stock runs low.

2. Decide upon quantities which can be used efficiently, and quantities which can be successfully stored.

3. Be businesslike at the store, or over the telephone. With list in hand, state needs simply and quickly. Learn prices before buying. Read labels of canned and packaged foods, for

they contain information which will help toward more intelligent buying. Try a new-to-you food often, and thereby add to your repertory of dishes.

4. Buy as early in the morning as possible, thus avoiding the rush of late shoppers, and getting a better selection of supplies.

5. Be careful of the product on the grocer's shelves, especially the fresh produce; remember the peddler's advice, "If you must pinch the fruit, pinch the coconut." Softer products are often rendered unsaleable by too much handling.

6. In buying fruits and vegetables, fresh appearance is a good sign post to follow. Serve those which are most plentiful and are therefore selling at the most reasonable prices.

Especially when funds are low, select vegetables with care, taking advantage of those that offer the most flavor and nutritional value for the least money expended; for example—tomatoes (fresh when plentiful, canned later), carrots, cabbage, the dark green leafy vegetables, leaf lettuce, beets and beet greens, and the others. Buy fresh produce frequently, at least several times a week, and do not try to store too long, as food value is lost.

7. Buying meats for the family presents many problems. Tenderloins, T-bone steaks, loin lamb chops, and the rib chops of pork are all choice cuts, but the others, which require slightly longer cooking, and for the most part have less waste, may be prepared in a savory manner and with comparable or higher food value. Liver, kidneys, the glandular organs, should be served frequently.

Watching meat supplies, serving poultry and fish when costs are low, using cheese and legumes occasionally are other pointers to keep in mind.

PREPARING FOODS FOR STORING AND THEIR ARRANGEMENT

After the food arrives in the kitchen, the method of storing it can also help to stretch the food dollar. Foods should not

stand in the warm kitchen but should be stored in the temperature best suited to each kind. Dairy products and meats need the coldest part of refrigerator, cooked foods next, salad greens and fruits the least cold part.

Dairy Products. Milk and cream bottles should be wiped off before storing on the coldest shelves. Package butter should have outer wrapping removed and placed in glass or pottery containers with tight fitting lids. Store them near the refrigerating unit. Return promptly to refrigerator after using. Do not let stand at room temperature during preparation of a meal.

Meats. Need to be unwrapped immediately upon delivery, put onto a clean plate or platter, and placed uncovered in the place designed for meats, usually just below refrigerating unit. Meat cut into small pieces or ground, and the glandular organs, are the most perishable; do not keep them too long. Fish should be stored as short a time as possible at home. Store in covered container close to refrigerant.

Meat Broths and Soups. Should be stored in covered containers close to refrigerant.

Cooked Vegetables and Foods. Store in covered containers in central position.

Eggs. May be stored in wire baskets or bowl; do not cover. Egg yolks and whites will keep well in tightly covered containers.

Salad Greens. To prepare for refrigerator and future use, wash quickly, drain thoroughly, discard waste portion. This upon delivery. Store in covered containers, or bags designed for the purpose. Do not place them too close to refrigerant.

Vegetables. Perishable ones need to be washed, waste portion removed, and stored in vegetable container (see specific vegetable). Beets, turnips, onions, potatoes, the sturdier vegetables, do not require refrigeration. Store them in well ventilated bins in a cool, dry place.

Fruits. Spread small berries out on platters and store in refrigerator without washing. Fruits with skins on, as peaches,

may be stored, uncovered. Melons need to be wrapped tightly in waxed paper or in bags designed for the purpose. Never keep bananas in refrigerator. Store them at room temperature. Avocados, calavos when fully ripe should be kept in refrigerator in corner farthest from refrigerating unit. Keep them at room temperature until properly ripened.

Mayonnaise, Salad Dressings. Should be kept in corner farthest from refrigerant.

Frozen Foods. Should be kept frozen until time for using.

Never store foods in paper bags—it takes too long for the cold to penetrate to them. Thus they are extravagant of refrigeration.

Don't try to keep foods indefinitely. Use up fresh produce quickly and leftovers as soon as possible.

TAKE CARE OF THE REFRIGERATOR AND IT WILL CARE FOR YOU

1. Never overload the refrigerator. If shelves are crowded air circulation is impaired, causing a rise in temperature.
2. Wipe bottles and jars after using before returning to refrigerator, thus avoiding unsightly spots.
3. Food spilled in refrigerator should be wiped up and not allowed to stand.
4. Defrost refrigerator as necessary. Do not allow a thick coat to form. And never, never, pry off frost with a sharp instrument.
5. Wash inside of refrigerator, when defrosting, with lukewarm water and a mild suds. Shelves may need to be removed and washed separately.
6. Do not open refrigerator door more often than necessary. Close it quickly. Needless opening of the door makes refrigerator work harder and costs more money for fuel.

SAVING ON COOKING FUEL

The way the food is cooked can save food values and save on the fuel bill.

Top of the Surface Cookery:

1. Cook vegetables in small amounts of water and use the water remaining after cooking is completed, in soups, sauces, or gravies.

2. Select a pan to fit the heat unit, and one that hugs it snugly. If it is too small or rounded on the bottom, heat will escape around the sides.

3. Use a pan suitable to the amount of material being cooked. One that is too large wastes heat and may cause burning, and when too small does not permit even cooking.

4. Often more than one food can be cooked in the same container, as vegetables with the pot roast, or two vegetables together.

5. Cover pan when heating water to boiling and thereby speed the process.

6. Heat foods quickly over intense heat, but cook slowly after the boiling point is reached. For example—in cooking vegetables, the water should be boiling when they are put in to cook; they should be added slowly, so as not to reduce the temperature; the water is then heated quickly back to boiling, the heat reduced immediately, and the vegetables cooked in gently boiling water.

Hints on Oven Cooking:

1. Have a baking day for bread, cookies, and cakes.

2. Plan to bake more than one food at a time.

3. Oven meals save time, energy, fuel, and give full value in savoryness and food value. Serve them often, selecting foods that require the same temperature, and whose baking time can be coordinated.

4. Allow plenty of space between and around pans in oven.

5. Types and sizes of pans influence baking time. Pans having sides which extend far above the food inhibit browning. Dark pans heat and brown foods more quickly than bright ones.

6. Meats that have been taken from the refrigerator and allowed to stand at room temperature before roasting save oven time and fuel.

7. Low to moderate heat for cooking roasts saves oven time and fuel.

8. Have food ready to go into the oven as soon as it is preheated.

9. To preheat the oven not thermostatically controlled, adjust lever to give proper length of flame. If, for example, a moderate heat is needed, adjust lever half way and have flame from one-quarter to three-eighths inch length. If a higher heat is desired, increase length of flame; if lower, then decrease. This method is better than turning the flame up high at the start and then reducing it. A small oven thermometer placed in the oven will help to give accuracy in baking and more uniform results.

10. Avoid opening door too often when baking.

Using Broiler to Advantage:

1. Time and fuel are saved in broiling (as in baking) if the meat is taken from the refrigerator and allowed to stand at room temperature.

2. Broil vegetables along with meats. Some cooked or canned vegetables may be heated under broiler rack while meat is cooking and be flavored by its juices.

3. Moderate heat gives best results in broiling; it saves fuel and material since not so much is lost in shrinkage.

TAKING CARE OF COOKING EQUIPMENT

Cooking equipment kept in good condition not only lasts longer, but gives better daily service in preparing the meals.

Care of the Range:

1. Keep the surface clean and spotless, but wait until it is cold or just warm to wash it off. To do so when hot causes small cracks to appear over the surface or crazing.

2. Follow manufacturer's instructions in care of heat units.
3. Do not use strong abrasives on the range any more than you would on china.
4. When foods boil over in the oven, let the oven cool, then clean out thoroughly.
5. Let broiler pan cool before washing. Never turn cold water on it while hot, or it may warp.
6. Avoid setting a hot pan on the cold surface of the range; it too will cause crazing of surface which will not be noticeable at first, but will upon continued use.

CARE OF SMALL EQUIPMENT

TOASTER. Clean crumbs from toaster regularly, brushing them out with a soft brush, after the appliance has cooled. And be sure it is disconnected! Never place it in water.

WAFFLE IRON. To season a waffle iron, wipe it off well with a dampened cloth. Grease with an unsalted fat, as salad oil, heat to required temperature, bake one waffle, discard it, and the iron is ready to use. Further greasing should not be necessary.

After using the iron, leave open to cool completely, then wipe off with a dry cloth, cover, and store in a dry place. If waffles should stick, or iron rust, re-season and proceed in usual manner.

Any batter spilled over on the iron should be wiped off with a dampened cloth, after iron is disconnected. Never use a damp cloth or wet hands in handling any piece of electrical equipment when connected.

SANDWICH GRILL. Use same rules in caring for the sandwich grill as for waffle iron.

COFFEE MAKER. Keep spotlessly clean, lest some of the accumulated oils give the morning coffee a bad taste. If there is a filter cloth, rinse thoroughly before using.

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Beverages

UNCERTAIN and limited supplies of coffee, tea, cocoa, and chocolate make it imperative that we be sparing of them, use them with utmost care, and accept with grace such alternates as may be produced to take their places.

From Grandmother's cook book we may get directions for making herb teas, apple and fruit water to serve occasionally. The fruit juices we can in summer may be used for beverages the year around. If heated when days are cold, they will be found to have a new richness.

Make Good Coffee

Good coffee must be the rule, not the exception. To make it we must start with a pot that is scrupulously clean and well aired after each using. The coffee itself must be kept in a tightly covered container. It should be opened only during measuring and promptly closed again, lest any of the precious aroma and flavor be wasted.

Accurate measurements are a second "must." Inaccuracy is wasteful.

Coffee Measurements

Measure coffee with standard measuring cups and spoons as any other ingredient. One tablespoonful of coffee to the measuring cup of water will give a weak solution, for those who

like it so. Two tablespoonfuls to the cup give a moderate brew, and three tablespoonfuls a strong one, though this is not the time for indulging in the latter.

Percolator Coffee. Coffee in the percolator may be started with hot or cold water. It takes a longer time and more fuel for heating the water. Once the perking starts it should be done slowly, the bubbles allowed to burst gently over the rod. Five to seven minutes is a good time to allow.

Drip Coffee. Scald drip pot to heat it. Put the measured fine grind into the basket, adjust spreader, add measured boiling water. (It is easier measured when cold than hot.) Serve when the coffee has dripped through.

Vacuum Coffee. With this type pot, hot or cold water is measured into the lower bowl. Next, adjust top with filter. Add measured fine coffee. Heat until water bubbles into the top. Stir, remove from heat, and let filter down.

Boiled Coffee. Measure coffee, stir a bit of egg, or the washed shell, into the coffee. Add boiling or cold water. Heat to boiling, if cold water is used. Let steep a minute or two before serving. If boiling water is used to start, steep, not boil, five or six minutes.

Coffee for a Large Number. Allow one and one-quarter pounds coffee for fifty cups. Measure amount needed (there are five cups ground coffee to the pound). Mix with egg white, using one or two. Tie coffee loosely into several bags. Heat water to boiling in a kettle with tight fitting lid. Allow two to two and one-half gallons for fifty cups. Put in coffee bags, turn heat very low and steep until of the desired strength, five to seven minutes.

On Making Tea

Tea also must be measured accurately. One level teaspoonful to the cup is sufficient for a good brew. And we no longer allow "one for the pot." The pot should be scalded to heat, and freshly boiling water poured onto the tea. Brewing time

may be from three to five minutes. Three minutes gives a weak tea, five a fuller flavor.

Be careful, too, to keep tea in a tightly covered container, and to be jealous of the time the lid is off the container.

One quarter-pound package of tea will make about eighty cups. When making in large amounts it can be made as coffee is made—tied into bags, dropped into boiling water, steeped, and served.

Maté

Maté is a South American beverage that has a taste of tea, and yet another tang, too.

Allow a heaping teaspoonful to the cup. The pot should be scalded, the water, heated just to boiling, poured over the maté, and allowed to stand slightly longer than for tea, seven to eight minutes.

Cocoa or Chocolate

For Four

2 tablespoons cocoa or ½ ounce chocolate
2 tablespoons sugar or honey
1 cup cold water
2 cups milk, bottled or diluted evaporated
Few grains salt

Combine cocoa, sugar, and water. If using chocolate, melt it over hot water. Stir in sugar and water. Heat to boiling, boil five minutes. Add milk. If using evaporated dilute half with water. Heat, beat in a few grains of salt, and serve piping hot. Do not boil beverage after milk is added.

Chocolate Sirup for Cold Beverages

2 or 3 ounces bitter chocolate or ½ to ⅔ cup cocoa
½ cup sugar or equivalent
1¼ cups water
¼ teaspoon salt

Melt chocolate over hot water, or mix cocoa and sugar. Add water, heat to boiling, and boil three minutes. Add salt. Turn into a jar and when cold, seal tightly. Keep in refrigerator until needed.

¼ cup sugar and ¼ cup honey may be used for sweetening the sirup, or ¼ cup sugar and ½ cup corn sirup.

Chocolate Milk Shake

Slowly stir one glass cold milk into two tablespoons of the chocolate sirup. Serve cold but not iced.

Other Milk Beverages

Egg Nog. For each glass beat one egg, add a few grains salt, two teaspoons sugar, and two-thirds cup milk. Flavor with vanilla, sherry, or as desired.

Maple-Ade. Stir one tablespoon maple sirup into the glass of milk.

Molasses-Ade. Blend one-half to one tablespoon molasses into the glass of bottled or diluted evaporated milk.

With Fruit Juices. Stir one or two tablespoons juice or sirup from raspberries, strawberries, cherries, blackberries, or grape juice, into the glass of cold milk.

Herb Teas

Our grandmothers, we are told, used seventeen herbs, and maybe more, in making teas. In general, herb teas are made as any teas. Either the fresh or dried herbs are used. The leafy tips are preferred, except in the case of camomile, when the flower head contains the essential element. A teaspoon to the cup, or a tablespoonful of the herb to the pint of boiling water, is the proportion used. Steeping may be from five to ten minutes. Lemon balm and bergamot require a little boiling to start the oils. They may be sweetened and served with lemon or lime, as preferred.

Mint Tea. Put a small amount of tea in a scalded pot, a bit of sugar or honey, and a large bunch of fresh mint. Pour in boiling water. Cover and steep five minutes. Strain and serve.

Peppermint Tea. Pour boiling water on the fresh leaves. Let steep and serve with a slice of lemon, orange, or lime.

Balm Tea. Pour one pint boiling water on 12 sprigs of young balm. Sweeten with two teaspoons honey, add a few cloves, if you have them, and serve with sliced lemon or lime.

Camomile Tea. Wash camomile flowers to remove the dust. Put into a teapot, add boiling water, one cupful to the teaspoonful of flowers. Let steep three to four minutes. Strain, sweeten slightly, and serve.

Rosemary. Make it with the fresh rosemary in bloom. Pour boiling water over leaves and flowers. Let steep and serve.

Sassafras Tea

Sassafras tea is very common in some parts of our land, and unknown in others. When it is made, a small pan is kept for the purpose, because it becomes well stained.

Several pieces of sassafras bark are put into the pan. Enough water to make the desired amount of tea is poured over them. It is heated to boiling and boiled until of the desired strength, usually five to ten minutes.

Apple and Fruit Teas

This is from a quaint little book called "Domestic Cookery," dated 1807:

"Cut two large apples in slices and pour a quart of boiling water on them. Strain and sweeten if desired.

"Currants, fresh or in jelly, or scalded currants, or cranberries cut fine, make excellent drinks."

Fruit Beverages and Punches

Fruit beverages and punches have a definite place in summer and winter menus for the family and for the party.

In the winter, fruit juices, such as cherry, grape, cider, heated with a little additional sugar or honey and a few whole spices or orange and lemon rinds, is warming and cheering to the few or the crowd that gathers in the evening.

When using honey or corn sirup for sweetening the fruit beverage, it is better to heat or to blend them with a portion of the water or fruit juice before stirring into the large amount.

Spiced Iced Tea

½ cup sugar
½ cup honey or corn sirup
1 cup water
2 cloves
Stick cinnamon
2 teaspoons tea
1 sprig fresh mint
1 cup orange juice
⅓ cup lemon juice
2 quarts water

Make a sirup of sugar, honey, and water. Boil five minutes. Pour onto spices, tea, and mint. Cover and let stand five minutes. Strain. Place to cool. Add fruit juices and pour over ice in glasses. This amount makes six to eight glasses.

Cherryade

2 cups cherry juice
1 cup apple juice or fruit nectar
½ cup orange juice
¼ cup lemon juice
Honey to sweeten
1 quart ice water or ginger ale
Fresh mint

Combine fruit juices, sweeten to taste with honey that has been heated slightly, or part sugar and part honey may be used, blending with a portion of the water. Dilute with ice water or ginger ale. Pour over ice in glasses. Serves eight or ten.

Grape Punch

2 quarts grape juice
2 quarts water
½ cup lemon juice
2 cups orange juice
½ cup corn sirup
1 quart ginger ale

Combine fruit juices, sweeten with sirup diluted first with small amount of water. Add ginger ale, or it may be omitted. Pour over ice in glasses. Serves sixteen to twenty.

Party Punch

½ cup sugar
1 cup corn sirup
2 cups water
1 quart apple juice
1 quart apricot or peach nectar
1 quart peach or berry juice
2 cups strained orange juice
½ cup lemon juice
2 quarts ginger ale

Make a sirup of sugar, corn sirup, and water. Boil five minutes. Cool. Combine fruit juices, add sirup. Stir in ginger ale last and pour over ice. This makes one and one-half gallons and will serve approximately fifty punch glasses.

Hot Christmas Punch

1 pound raw cranberries
1 quart water
1 teaspoon grated orange rind
½ teaspoon grated lemon rind
1 cup honey
1 cup orange juice
½ cup lemon juice
2 cups additional water

Cook cranberries in water with grated rinds until the skins pop open. Strain through a cheese cloth. Add honey, fruit juices, and water. Serve hot with slices of orange and lemon floating over the top. Bowls of popped corn make a tasty accompaniment.

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Soups

FOR LUNCH AND SOUPS FOR SUPPER

SUBSTANTIAL soups are important in economy meals. They may serve as the main dish for the noonday meal, or supper, and are indispensable in the lunch box. Their ingredients are variable, according to materials at hand and in market. The two important factors are that the soup be well seasoned, and hot.

We start, then, with the recipe for good old-fashioned meat and vegetable soup, which may be served as is, or strained and served as a clear soup.

Meat and Vegetable Soup

2½ to 3 pounds shin of beef and marrow bone
3 quarts water
3 sprigs parsley
1 onion, sliced
½ cup diced celery and leaves
1 tablespoon salt
1 cup canned tomatoes (may be omitted)
1 turnip, sliced
2 carrots

In buying beef for soup, buy two and one-half pounds shin of beef, and the marrow bone, or a knuckle.

Wipe the meat and bone with a dampened cloth. Cut meat into cubes. This exposes more of the surface and gives more flavor to the soup, though if the meat is to be used separately it need not be done. Put one-half the cubes of meat into the

soup kettle, cover with cold water, and heat slowly to the simmering point.

Scrape marrow from bone, putting it into a frying pan. Melt over a low heat. Brown remaining meat in it. Add with bone to the other meat. Cover and simmer four hours, add vegetables and seasonings, and simmer one hour longer. Season well and serve piping hot. This makes about two and one-half quarts of soup. Oxtail may be used in place of the shin of beef.

Vegetables may be varied to suit individual tastes.

Remember, it is the meat and vegetables that carry the calories. For the soup to be satisfying, serve them with it. Or serve meat separately with mustard or other spicy sauce.

Borsch

2 quarts well seasoned meat stock (from preceding recipe)
2 cups shredded raw beets
¼ cup chopped onion
⅓ cup shredded cabbage
1 potato, chopped
1 turnip, shredded
1 carrot, shredded
2 tablespoons fat
Salt
1 tablespoon vinegar or lemon juice
Sour cream

Have meat stock ready. Sauté vegetables in fat. Add the hot stock and simmer until vegetables are tender. Season with salt and pepper. Add vinegar or lemon juice. A spoonful of sour cream is floated on top of each serving. This makes about two and one-half quarts.

Scotch Broth

2½ pounds lamb breast, neck, or shank
½ cup barley
1½ to 2 quarts water
1 turnip, diced
1 carrot, diced
1 onion, sliced
2 tablespoons fat
2 tablespoons flour
1 tablespoon chopped parsley

Separate meat from bone and cut meat into small pieces. Wrap bones in a piece of cheese cloth or other soft cloth. Cover

both with cold water. Heat to boiling. Skim, add barley, cover, and simmer one and one-half hours.

Remove bones, add vegetables and cook until they are tender. Melt fat in a saucepan, blend in flour. Stir in a portion of the soup, stirring to make a smooth, thin paste. When perfectly smooth, stir into soup. Season well with salt and pepper. Cook until slightly thickened. Add parsley and serve. This makes from one and one-half to two quarts of soup.

Chicken Broth

Chicken broth can be made from the entire fowl or just from the bony pieces. And the famous turkey bone soup is made by the same process.

Clean pieces to be used. Place in a kettle, cover with cold water, add one-half teaspoon salt for a few pieces of chicken; one and one-half teaspoons for entire fowl. Add a stalk or two of celery, if desired, a carrot, and a bit of parsley. Cover and simmer until chicken is tender and broth is full flavored, one to two or three hours, if fowl is very old. Remove cover during last portion of cooking. Strain, season to taste. Serve plain, add some of the diced cooked chicken to it, or cooked rice. Or serve with noodles.

The Noodles

1 egg yolk
1 tablespoon cold water
½ teaspoon salt
Approximately ⅔ cup all purpose flour

Beat egg yolk in a mixing bowl with water, salt, and pepper. Stir in sifted flour gradually, adding enough to make a stiff dough. Turn out onto a lightly floured board, roll very thin. The dough must be stiff and dry. If it isn't and doesn't roll easily, add more flour.

When rolled out to paper thinness, cover with a cloth and let stand an hour or two to dry. Then, starting at the end of

the dough nearest you, roll in a tight roll, as you would a jelly roll. With a sharp knife, cut in thin slices crosswise. Unroll and separate into strips. Add to boiling broth slowly, and cook until tender, ten to fifteen minutes.

Old Fashioned Bean Soup

1 cup navy beans
2 quarts water
½ pound salt pork or ham bone
2 tablespoons minced onion
Salt, if needed

Soak beans overnight in water to cover. In the morning put on to cook with salt pork, cut in squares, or the ham bone, and onion. Simmer until beans are very tender, about two hours. Season well.

VARIATIONS:

Diced celery may be sautéed in fat and added.
One cupful canned tomatoes may be added.
Or diced potatoes.

Lentil Soup

1 cup lentils
1 quart water
3½ cups canned tomatoes
2 tablespoons fat
¼ cup chopped onions
¾ cup diced celery
½ green pepper, diced
2 tablespoons flour
½ teaspoon sugar
1½ teaspoons salt

Soak lentils overnight in water to cover. The next morning simmer until tender, about two and one-half hours. Force through a strainer. Strain tomatoes, or use tomato purée. Combine.

Melt fat, sauté onion, celery, and green pepper in it five minutes. Blend in flour. Add strained mixture and seasonings. Cook until vegetables are tender, ten or twelve minutes. Season well and serve piping hot. This makes about one and one-half quarts.

Cream of Soybean Soup

1½ cups soybeans
1 tablespoon minced onion
¼ cup chopped celery
2 tablespoons fat
2 tablespoons flour
1 quart milk
1½ teaspoons salt

Soak soybeans overnight in cold water. The next morning heat to boiling and simmer until beans are tender. Force through a strainer. Sauté onion and celery in fat, blend in flour. Add milk slowly, stirring it in. Add soybeans. Heat through, season well, and serve.

Split Pea and Onion Soup

1 cup split peas
6 large onions
6 cups water
4 slices bread
Grated cheese

Pick over peas, wash well. Cover with cold water and let stand overnight. In the morning simmer until tender. Force through a strainer. Cut onion in slices and separate into rings. Sauté until a light brown. Add to purée with water and cook until onions are tender. Season well. Serve a slice of bread, toasted, and sprinkled with cheese floating on each bowl of soup.

Split Pea Soup

½ cup split peas
1 ham bone or small piece left-over ham
3 cups boiling water
1 carrot, sliced
1 onion, diced
1 potato, diced
Seasonings

Wash the peas, cover with cold water and let stand over night. In the morning add ham bone and additional water. Simmer until peas are tender. Add vegetables and continue cooking until they are tender and soup is full flavored. Additional water may be needed if soup becomes too thick. Season well.

Minestrone

1 cup navy beans
1 shin of beef (2 or 3 pounds)
1 cup diced celery
1 cup green beans
1 cup sliced carrots
¼ cup parsley
1 cup canned tomatoes
1 cup spinach leaves
½ cup spaghetti
Spicy, grated cheese

Soak beans overnight in water to cover. Wipe off the shin of beef with a dampened cloth and put into a deep kettle. Cover with water. Heat to boiling, add beans, and simmer two hours. Add remaining vegetables and continue cooking until all are tender, about another hour. Season well. Serve hot, each bowlful sprinkled with a generous spoonful of grated cheese.

Oyster Stew

1 pint oysters
3 tablespoons butter or margarine
3 cups milk
1 teaspoon salt

Strain oyster liquor through a fine strainer. Pick over oysters, letting each one slip through the fingers, to make certain bits of shell are not clinging to the muscle. Return to liquor and place over a low heat until the edges curl, about five minutes.

In the meantime, add butter or margarine to milk, scald over hot water. Stir in oysters slowly. Season to taste and serve immediately.

Oyster and Celery Soup

Add three-fourths cup cooked celery with oysters heated in their liquor, and one cup celery water to two cups scalded milk, as in preceding recipe.

Cream of Potato Soup

2 cups diced raw potatoes
1 slice onion
1 carrot
2 stalks celery
2 cups boiling water
1 teaspoon salt
1 tablespoon butter, margarine, or bacon fat
1 tablespoon flour
2 cups milk

Prepare vegetables, add to boiling salted water. Cook until tender. Melt fat, blend in flour, add milk gradually, stirring it in carefully to prevent lumping. When vegetables are tender, add cream sauce, blending it in well. Heat, but do not boil. Season well. Makes five to six cups of soup.

Potato and Chipped Beef Soup

Sauté one-fourth cup shredded chipped beef in fat, before blending in flour, add milk, and proceed as in cream of potato soup. Use only one-half teaspoon salt in cooking vegetables.

Cream of Celery Soup

2 cups celery
1½ cups water
1 slice onion
2 tablespoons butter or margarine
2 tablespoons flour
2 cups milk
½ teaspoon salt

Use large, outer stalks of celery for making soup. Cut into small pieces. Put into boiling water and cook until tender. Melt fat over a low heat, blend in flour, add milk gradually, stirring it in. When celery is tender, add it with cooking water to cream sauce. Heat together, season well, and serve piping hot. Makes about four cups soup.

With Cheese. One-half to three-fourths cup grated cheese stirred into the cream of celery soup or the potato soup lends richness, flavor, and food value.

Cream of Cauliflower Soup

Use the celery soup recipe, substituting flowerets of cauliflower for the celery, and adding a bit of grated onion.

Cream of Spinach Soup

2 cups chopped cooked spinach
1 onion, sliced
1 cup milk or spinach water
3 tablespoons butter or margarine
3 tablespoons flour
1½ teaspoons salt
3 cups milk
Dash nutmeg

Heat spinach and onion with milk or spinach water. Prepare cream sauce, melt butter, blend in flour and seasoning. Add milk slowly. Cook, stirring constantly, until thickened and smooth. Add spinach and milk, or force spinach through a strainer and add to the cream sauce. Season well. This makes about five cups soup.

Cream of Squash Soup

1 cup cooked, strained squash
1 teaspoon grated onion
⅓ cup chopped celery
2 tablespoons butter or margarine
1 tablespoon flour
2½ cups milk

Prepare squash—steaming, boiling, or baking it. Or use leftover. Sauté onion and celery in fat. Blend in flour. Add milk and squash gradually. Heat together, season well. Serve. This makes about four cups of soup.

Cream of Tomato Soup

2 cups canned tomatoes
Few celery leaves
½ slice onion (may be omitted)
2 tablespoons butter or margarine
2 tablespoons flour
2 cups milk
½ teaspoon salt

Put tomatoes, celery leaves, onion, in a saucepan. Heat to boiling, boil five minutes. Strain. In the meantime, prepare cream sauce—melt fat, blend in flour, stir in milk gradually. Cook, stirring until thickened and smooth. Add hot tomato mixture slowly to cream sauce, stirring it in as added. Season well and serve immediately. Serves four.

New England Clam Chowder

3 cups soft shell clams
3 cups water
1 slice salt pork
2 large onions, sliced
3 potatoes, cubed
2 tablespoons fat
2 tablespoons flour
2 cups milk
2½ teaspoons salt

Add clams to water and heat to boiling. Drain, reserving the clam stock. Cut off firm parts of clams and chop fine, combine with soft parts. Fry out salt pork, add onions, and sauté slowly until tender. Cover pot to retain moisture and keep onions from browning. Combine clam stock and onion mixture. Add potatoes and cook until they are tender, ten to fifteen minutes. In a separate pan melt fat, blend in flour, and stir in milk slowly. Cook, stirring until thickened and smooth. Add clam, onion, and potato mixture. Heat together, season well. This amount makes about two quarts, which will serve four, six, or eight, depending on appetites.

Maine Potato Chowder

2 slices bacon or salt pork
1 slice onion
2 cups diced potato
2 cups boiling water
1 cup corn
3 cups milk
½ teaspoon salt
¼ teaspoon paprika

Cut bacon or salt pork into squares. Panfry over a moderate heat. Add onion and sauté it until a very light brown. Add potatoes and boiling water. Cook until potatoes are tender, ten to fifteen minutes. Add corn, canned or fresh. Cook ten minutes. Make a paste by blending two tablespoons flour with part of the milk. Stir into vegetable mixture. Cook, stirring constantly, until thickened and smooth. Season well. Turn into heated bowls and, if desired, top with kernels of crisp popped corn. This makes five to six cups and will serve that many people.

7

Baking

BREADS, CAKES, COOKIES

PAGE Grandmother! Let's borrow her plan of baking day. At least, let's have bake hours, or a baking time, when the breads, cakes, and cookies that are needed can all be baked at once, thus saving time in the kitchen, and fuel. Of course, products that will all bake at approximately the same temperature must be selected. But that is not difficult, and it is much better than trying to bake bread or cookies while a dinner is cooking in the oven. There will be steam from the dinner which will not help the quality of the baked product one bit. Another precaution, oven shelves must not be overcrowded or there will be uneven distribution of heat.

Next, look to the flour that is used, remembering the advantages of the enriched flour over the plain, of the additional thiamin or vitamin B_1, riboflavin and iron, that it contains. Make use, too, of the whole-grained flours, for the thiamin they offer, for variety, crunchiness and bulk.

We believe that a variety of sandwich breads will be particularly welcome just now, when so many lunch boxes are being packed. So they are stressed here.

Yeast breads are given first followed by those using baking powder for leavening. In all it is important that the flour be sifted before measuring and that measurements be level. Use all purpose flour for breads.

BREADS

Plain White Bread

2 cups milk
¼ cup sugar or corn sirup
4 teaspoons salt
2 tablespoons fat
2 cups water
1 cake yeast (compressed or dry granular)
¼ cup lukewarm water
12 cups all purpose flour

Scald milk. Measure sugar, salt, and fat into the mixing bowl in which bread will be mixed. Add water and milk. Cool to lukewarm. Soften yeast cake in lukewarm water (test by dropping a drop on the inside of the wrist; it should feel neither hot nor cold). Stir softened yeast cake into the first mixture, blending it in thoroughly. Add flour gradually, mixing it in as it is added. When dough is stiff, turn out onto a lightly floured board. Knead until smooth and satiny, eight to ten minutes. Shape into a smooth ball. Place in a greased bowl. Cover and let rise in a warm place (eighty to eighty-five degrees Fahrenheit) until double in bulk. Punch down. (If soft wheat is used, do not allow to become quite double in bulk, and shape at once rather than punching down.)

Let dough rise again. When light, divide into four equal portions. Round up each portion into a smooth ball. Cover well and let rest ten to fifteen minutes. Mold into loaves. Place in well greased pans. Let rise until almost doubled in bulk. Bake in a moderately hot oven, 400 to 425 degrees Fahrenheit, forty to forty-five minutes. This makes four one-pound loaves. Remove from pans immediately.

Graham Bread

2 tablespoons molasses
2 tablespoons fat
2 teaspoons salt
1½ cups boiling water
1 yeast cake
1½ cups all purpose flour
2½ to 3 cups graham flour

Measure molasses, fat, and salt into mixing bowl. Add water and cool until lukewarm. Add yeast cake and mix with a spoon. Add white flour which has been sifted and measured. Add graham flour, a small amount at a time, beating well after each addition.

When stiff enough to knead, remove from bowl to a lightly floured board and knead five minutes. Return to bowl which has been washed and greased. Turn dough over in the bowl, cover with a clean cloth, and set aside to rise until double in bulk. When light, remove to board. Divide into two portions. Shape into balls and let stand ten to fifteen minutes. Then shape into loaves. Place in well greased pans. Let rise again until doubled in bulk. Bake ten minutes in a hot oven, 425 degrees Fahrenheit, after which reduce temperature to 350 degrees and continue baking until bread shrinks from the sides of the pan and makes a hollow sound when tapped on the bottom. Remove bread from pans at once and place on a rack to cool.

Whole-Wheat Prune Bread

1 cup prunes
½ cup milk
1½ cakes compressed or dry granular yeast
1 teaspoon salt
2½ tablespoons sugar or molasses
3½ tablespoons softened fat
1 egg
½ cup water in which prunes cooked
1½ cups whole-wheat flour
1¾ cups all purpose flour

Wash prunes, add water to almost cover. Cover pan, and simmer until tender. Drain from water (saving it). Cool prunes, remove pits, and cut in small pieces.

Scald milk and cool to lukewarm. Add yeast cakes, stirring until it is dissolved. Stir in salt, sugar, fat, beaten egg, water in which prunes cooked, and a portion of the flour. When each is blended in, add prunes and remaining flour. Knead until smooth. Cover, and let rise in a warm place.

Remove from bowl to a lightly floured board. Separate into

two balls and let stand, ten or fifteen minutes. Shape into loaves. Put into well greased loaf pans. Let rise in a warm place until almost double in bulk. Bake in a moderately hot oven, 375 degrees Fahrenheit, about forty-five minutes.

Anadama Bread

(A Favorite in New England)

½ cup cornmeal
2 cups boiling water
2 tablespoons fat
½ cup molasses
1 teaspoon salt
1 cake compressed or dry granular yeast
½ cup water
5 cups flour

Stir cornmeal slowly into boiling water. When thoroughly mixed add fat, molasses, and salt. Cool until lukewarm. Stir in yeast cake dissolved in lukewarm water. Add flour to make a stiff dough. Knead well. Turn into a greased bowl. Put in a warm place to rise until double in bulk. Divide into two balls. Let stand. Shape into loaves, put into greased pans, and let rise until light. Bake in a hot oven, 400 degrees Fahrenheit, about one hour. If the bread seems to brown too much at that temperature, reduce the heat and bake more slowly during the last half hour. Remove from pans as soon as baked and place on racks to cool.

Apple Bread

2 cups milk
1 cake yeast
2 tablespoons sugar or
3 tablespoons corn sirup
1 tablespoon salt
2 tablespoons fat
1 cup unsweetened apple sauce
8 cups all purpose flour

Scald milk, cool to lukewarm. Crumble yeast cake into a mixing bowl. Add sugar, salt, stir in lukewarm milk, blending it in thoroughly. Add fat and apple sauce. Blend in one-half the flour, beating after each addition until batter is smooth. Add balance of flour to make a stiff dough. Turn onto a lightly floured board. Knead until smooth. Return to bowl. Cover, and let rise until doubled in bulk. Remove from bowl, divide into

two or three portions. Shape into balls, let stand a few minutes. Shape into loaves. Place in greased pans. Let rise again until almost doubled in bulk.

Bake in a hot oven, 425 degrees Fahrenheit, for ten minutes. Then reduce heat to 375 degrees and continue baking until the bread shrinks from the sides of the pan. Remove to a rack to cool.

Oatmeal Fruit Bread

2 cups boiling water
1 cup quick cooking, or regular rolled oats
1 cake yeast
½ cup lukewarm water
¼ cup sugar
5 to 6 cups flour
½ tablespoon salt
2 tablespoons melted fat
½ cup seedless raisins
½ cup nut meats (or all raisins may be used)

Pour boiling water over oats. Stir well and allow to cool. Crumble yeast into a bowl. Add lukewarm water and the sugar. Blend well.

Sift flour and measure. Add one-half cupful to yeast mixture and when it is light and bubbly and the oats mixture is cooled to lukewarm, combine in a mixing bowl.

Stir in salt and fat. Add flour gradually, stirring it in. Sift a portion of the flour over raisins, which have been washed and well drained, and nut meats, which have been scalded and also drained. Add to bread dough last. Put into a greased bowl, brush over top with melted fat. Cover and let rise until double in bulk. Remove to a lightly floured board, shape into two loaves. Let rise until almost double in bulk. Put into greased pans. Bake in a moderately hot oven, 375 degrees Fahrenheit, fifty to fifty-five minutes.

Cheese Bread

1 cup milk
2 tablespoons sugar
1 teaspoon salt
1 tablespoon butter or margarine
1 yeast cake
2 to 3 cups bread flour
¾ cup grated American cheese

Scald milk. Turn into mixing bowl with sugar, salt, and fat. Cool to lukewarm. Blend in crumbled yeast cake. Add one cup flour, stirring it in gradually. Add cheese and enough more flour to make a stiff dough. Remove to a lightly floured board. Knead until smooth. Return to greased bowl and let rise until almost doubled in bulk. Remove from bowl, shape into a loaf, place in a well greased pan, and cover again. Let rise again. Bake in a hot oven, 425 degrees Fahrenheit, for the first ten minutes to brown, then reduce heat to 350 degrees and continue baking about forty minutes longer, until bread shrinks from the sides of the pan and has a nice brown crust. Remove to a rack to cool, brush over with cream or with evaporated milk to give a nice glaze.

Boston Brown Bread

1 cup rye flour or rolled oats
1 cup corn meal
1 cup graham flour
1½ teaspoons soda
1 teaspoon salt
¾ cup molasses
2 cups sour milk

Combine dry ingredients in a mixing bowl. One cup enriched or plain white flour can be used in place of the rye or graham. Blend molasses with sour milk. Stir into dry ingredients gradually, stirring until well mixed. Three-fourths cup washed and drained raisins, or one-half cup raisins and one-half cup nut meats may be added.

Have two or three one-pound molds, baking powder or coffee cans well greased. Turn mixture into them, filling them about two-thirds full. Cover tightly and steam, two to three hours, depending on the size of the molds. Then remove molds from water, remove lids, place in a slow oven, 300 degrees Fahrenheit, to dry, about thirty minutes.

NOTE: In steaming the brown bread, have water in a large pan to come half way up on the molds. There should be a rack in the bottom and the water should be boiling when the molds are put in. Keep it boiling the entire time. Large vessel should

be covered. Steaming may also be done in a roaster in the oven. Use a moderate heat, 350 degrees Fahrenheit.

Orange Bread

1 cake compressed yeast
¼ cup lukewarm water
1 egg
2 tablespoons butter or margarine
1 teaspoon salt
2 tablespoons sugar or ¼ cup corn sirup
2 tablespoons grated orange rind
¾ cup orange juice
3 cups flour
1 cup raisins or nut meats, or both

Dissolve yeast cake in lukewarm water. Add egg, well beaten, fat which has been melted and cooled to lukewarm, salt, sugar, grated rind, and orange juice, blending each ingredient in as it is added. Stir in flour gradually, using enough to make a stiff dough. If raisins and nut meats are used, have them washed, thoroughly drained, and mixed with a portion of the flour. Stir into orange bread mixture. Cover and let rise until doubled in bulk. Remove to a floured board. Shape into a loaf. Place in a greased pan. Let rise again. Bake in a hot oven, 450 degrees Fahrenheit, ten minutes, then reduce heat to 375 and bake forty minutes longer.

Peanut Butter Bread

(A Quick Bread)

2 cups flour
3 teaspoons baking powder
½ teaspoon salt
½ cup sugar
⅔ cup peanut butter
2 teaspoons fat
¼ cup honey
1 cup milk
1 or 2 eggs

Grease a loaf pan. A moderate oven, 350 degrees Fahrenheit, is needed.

Sift flour, measure, and sift into a mixing bowl with baking powder, salt, and sugar. Work in peanut butter and fat with

a pastry blender. Blend honey and milk, stir into beaten egg or eggs. Stir into dry ingredients all at once. Turn into loaf pan and bake in preheated oven, about one and one-half hours.

Nut and Raisin Bread

(Quick Bread)

⅓ cup nut meats
⅓ cup raisins
¾ cup all purpose flour
3 teaspoons baking powder
¼ teaspoon soda
1 teaspoon salt
3 tablespoons sugar
1½ cups graham flour
1 egg
1¼ cups milk
¼ cup molasses
1 tablespoon melted butter or margarine

Prepare raisins and nut meats. Other dried fruits may be used in their place, as dates or figs, cooked prunes, apricots, or peaches.

Sift flour, measure, and sift with baking powder, soda, salt, and sugar. Mix with graham flour. Add nut meats and raisins. Beat egg in mixing bowl, blend in milk, molasses, and fat. Add dry ingredients, stirring them in as added. Turn into a greased loaf pan. Bake in a moderate oven, 350 degrees Fahrenheit, fifty minutes to an hour, or until bread browns nicely and shrinks from the sides of the pan. Remove to a rack to cool.

Rolls and Biscuits

Going back to Grandmother's cook book again, rolls can be made from part of the bread dough, or especially prepared.

Simple Luncheon Rolls

1 cup milk
1 cake compressed yeast
2 tablespoons sugar
3 to 4 cups flour
3 tablespoons butter or margarine
1 egg
½ teaspoon salt

Scald milk and cool to lukewarm. Crumble yeast cake into a mixing bowl. Add one tablespoon sugar and stir in milk. Blend in one cup of the flour. Cream fat with remaining sugar. Add to batter, blending well. Stir in egg beaten with salt. Stir in remaining flour, adding enough to make a soft dough. Remove to a lightly floured board. Knead lightly. Return to bowl, cover, and let rise until light. Remove dough from bowl to a floured board. Let stand ten minutes. Roll out, or shape as desired and bake.

VARIATIONS

Refrigerator Rolls. The above roll dough, or a portion of the white bread dough, may be treated as refrigerator rolls. After blending in ingredients and kneading, place the dough in a greased bowl. Let rise, punch down, grease the top lightly with butter or margarine, cover tightly, and store in a cold part of the refrigerator. Upon using, remove from refrigerator, shape, let rise until almost doubled their size, and bake in a hot oven, 425 degrees Fahrenheit.

Parker House Rolls. Roll dough to one-half inch thickness. Cut in rounds. Brush rounds with softened butter or margarine. Make a crease in the center of each with the back of a knife. Fold over, press edges together, pocket book fashion, place on a greased cookie sheet. Let rise until almost doubled in bulk, and bake in a hot oven, 425 degrees Fahrenheit, twenty to twenty-five minutes.

Clover Leaf Rolls. Pinch off small balls of dough. Shape as marbles. Place three in each of the greased muffin pans. Let rise and bake in a hot oven 425 degrees Fahrenheit twenty to twenty-five minutes.

Crescents. Roll ball of dough into circular shape, about one-fourth inch thick. Cut in pie shaped pieces. Brush with melted butter or margarine, roll up, beginning at the wide end. Curve into a crescent on a greased baking sheet. Cover, let rise until almost doubled in bulk, and bake in a hot oven, 425 degrees Fahrenheit.

FANTANS. Roll dough very thin. Brush with melted butter or margarine. Cut in inch-wide strips. Pile six or seven strips together. Cut pieces one and one-half inches long, and place on end in greased muffin pans. Let rise, and bake in a hot oven, 425 degrees Fahrenheit.

HONEY PECAN ROLLS. Roll out luncheon roll dough. Brush over with softened butter or margarine. Spread with honey and sprinkle with nut meats. Roll and seal edge firmly. Cut into inch pieces. In greased muffin pans, put a small piece of fat, spread with additional honey and sprinkle with nut meats. Put in roll, cut side down. Cover, let rise. Bake in a moderate oven, 375 degrees Fahrenheit twenty-five to thirty minutes. Let rolls stand in pan a minute before removing.

STREUSEL COFFEE CAKE. Pat luncheon roll dough into greased pan or pans. Sprinkle with streusel mixture made by blending one-third cup sugar with one-third cup flour and three tablespoons butter or margarine. Let rise and bake in a moderate oven 375 degrees Fahrenheit thirty-five to forty minutes.

APPLE CAKE. Pat a portion of the luncheon roll dough into an eight-inch pie pan. Pare, core, quarter apples, cut in thin slices. Press into dough in even rows. Dot over with a small amount of butter or margarine. Sprinkle with two tablespoons brown sugar, or drizzle sirup over apples. Let rise, and bake in a hot oven, 400 degrees Fahrenheit about thirty-five minutes. Keep pan covered for first ten minutes to cook apples.

PRUNE COFFEE CAKE. Spread the top of the dough with softened butter or margarine. Sprinkle with brown sugar and arrange cooked prunes over the top. Let rise, and bake in a hot oven about thirty-five minutes.

Buttermilk Rolls

2 cups buttermilk
3 tablespoons sugar
2 teaspoons salt
¼ cup melted fat
½ teaspoon soda
1 cake yeast
4½ cups sifted all purpose flour

Scald buttermilk. Add sugar, salt, fat, and soda. When cooled to lukewarm, crumble in yeast cake and stir well. Add flour to make a soft dough. Knead until smooth. Let rise until light. Shape into rolls. Place on greased baking sheets. Let rise and bake in a hot oven, 425 degrees Fahrenheit, fifteen to twenty minutes.

Biscuits

2 cups flour
3 teaspoons baking powder
1 teaspoon salt
⅓ cup fat
Approximately ⅔ cup milk

A hot oven, 425 degrees Fahrenheit, is needed.

Sift flour, measure, and sift into a mixing bowl with baking powder and salt. Blend in fat with a pastry blender, the electric mixer set at low speed (unless fat is very hard), or the tips of the fingers. Mixture should resemble a bowl of small dried peas, when fat is properly added. Add milk, tossing the dry ingredients with a fork to bring them into contact with it. The dough should be soft but not sticky. Turn onto a lightly floured board. Knead lightly twenty seconds. Have a square of butter or margarine melted on baking sheet or baking pan. Roll out biscuits to half-inch thickness. Cut with cutter first dipped into flour. Turn over in fat in pan. Bake until light and nicely browned, about twelve minutes.

VARIATIONS

SODA BISCUITS. Use sour milk or buttermilk in place of sweet. Substitute one-fourth teaspoon soda for one teaspoon baking powder, sifting it with the flour.

DROP BISCUITS. Add slightly more milk to make a softer dough. Drop from the tip of a spoon onto greased baking sheets, and bake.

CHEESE BISCUITS. Add one-half to three-fourths cup grated cheese to the fat-flour mixture before adding the milk. Or insert a cube of cheese in the top of each biscuit before baking. Bake in a hot oven, 400 degrees Fahrenheit.

Parsley Biscuits. Add finely chopped parsley, two tablespoons to fat-flour mixture, before milk.

Bacon Biscuits. Add chopped crisp bacon to fat-flour mixture. Nice with salads.

Whole-Wheat or Graham Biscuits. Use three-fourths cup whole-wheat or graham flour for one of white.

Quick Pecan Cinnamon Rolls. Roll out dough to one-third inch thickness, keeping it rectangular in shape. Spread with a filling made by creaming two tablespoons butter or margarine, blending in two tablespoons brown sugar, three tablespoons dark corn sirup or molasses, and one-half cup nut meats. Roll as a jelly roll. Cut in inch slices. Put cut side down into muffin pans in which has been put one teaspoon butter or margarine and one teaspoon sirup or molasses. Bake in a hot oven, 425 degrees Fahrenheit, fifteen to twenty minutes. Remove from pan immediately. Makes one dozen rolls.

Corn Bread

1 cup corn meal
¼ cup all purpose flour
1 teaspoon baking powder
½ teaspoon soda
1 tablespoon sugar
½ teaspoon salt
1 cup sour milk
1 egg
1 tablespoon melted butter or margarine

Measure corn meal and turn into a mixing bowl. Sift flour, measure, and sift into corn meal with baking powder, soda, salt, and sugar. Mix with corn meal lightly. Add sour milk to beaten egg. Stir into dry ingredients. Add fat. Turn into a well greased pie pan or muffin pans which have been heated. Bake in a hot oven, 425 degrees Fahrenheit, twenty to thirty or thirty-five minutes, depending on the depth of the pan.

Standard Muffins

2 cups flour
3 teaspoons baking powder
1 tablespoon sugar
½ teaspoon salt
1 egg
1 cup milk
3 tablespoons melted fat

Sift flour, measure, and return to sifter. Add baking powder, sugar, and salt as each is measured. Beat egg, add milk to it gradually, beating it in. Add dry ingredients all at once. Stir just enough to mix well. Add fat and stir it in, but not until batter is smooth. Turn into greased pans. Bake in a hot oven, 425 degrees Fahrenheit, until crust is golden brown, from twenty to twenty-five minutes.

VARIATIONS

With Sour Milk or Buttermilk. Use sour milk or buttermilk in place of sweet. Substitute one-half teaspoon soda for two teaspoons baking powder. Sift with flour and salt.

Corn Muffins. Substitute three-fourths cup corn meal for one cup of flour in the above recipe.

Whole-Wheat or Graham Muffins. Substitute three-fourths cup whole-wheat or graham flour for one cup of white.

Apple Corn Muffins. Use three-fourths cup corn meal and one cup white flour, with standard recipe. Add one cup finely chopped apple just before turning batter into muffin pans.

Maple Muffins. Omit sugar, use one-fourth cup maple sirup and three-fourths cup milk to moisten batter.

Berry Muffins. Add one-half to two-thirds cup berries to batter just before turning into pans. Blueberries, raspberries, chopped cranberries, may all be used. Increase sugar by one or two tablespoonfuls when using cranberries.

Dried Fruit Muffins. Raisins, chopped dates, figs, cooked prunes cut small, may all be added with all white or part white and part whole-wheat flour.

Bacon Muffins. Add chopped crisp bacon to batter. Two or three slices or one-fourth cupful is sufficient.

Cheese Muffins. Add three-fourths cup grated cheese to batter.

Leftover Muffins. Remove a portion of the centers, toast shells, fill with scrambled eggs, creamed meat or vegetable.

Oatmeal Gems

¾ cup sour milk
1 cup rolled oats
½ cup flour
½ teaspoon soda
½ teaspoon salt
2 tablespoons molasses
1 egg
1 tablespoon melted fat

Pour sour milk over oatmeal. Let stand overnight.

In the morning, sift flour, measure, and sift with soda and salt. Stir molasses into oatmeal mixture, add beaten egg and dry ingredients. Stir well. Beat in melted fat. Turn into greased pans. Bake in a hot oven, 400 degrees Fahrenheit, twenty to twenty-five minutes.

Griddle Cakes

Griddle cakes have their place for breakfast, luncheon, or supper.

2½ cups flour
3 teaspoons baking powder
½ teaspoon salt
1 or 2 eggs or egg yolks
2 cups milk
2 tablespoons melted fat

Sift flour, measure, and return to sifter. Add baking powder and salt as each is measured. Beat egg, or egg yolks, in mixing bowl. Add milk to them, stirring it in. Sift in dry ingredients all at once, stirring until they are moistened but not until batter is smooth. Stir in fat and bake immediately on a hot griddle. This amount will serve four. For two, cut recipe in half.

VARIATIONS

Sour Milk or Buttermilk Cakes. Substitute sour milk or buttermilk for sweet. Use one-half teaspoon soda and one teaspoon baking powder, sifting them with the flour.

Apple Griddle Cakes. Add one-half cup pared and diced apple to batter just before baking.

Berry Griddle Cakes. Add one-half to three-fourths cup berries, blueberries, cherries, raspberries, sliced strawberries, to griddle cakes just before baking.

Whole Wheat Griddle Cakes. Use all whole-wheat flour or half white and half whole wheat. For the entire wheat, use slightly less, or increase milk.

Corn Griddle Cakes

¼ cup flour
½ teaspoon baking powder
½ teaspoon soda
1 tablespoon sugar
½ teaspoon salt
1 cup corn meal
1 egg
1¼ cups sour milk or buttermilk
1 tablespoon melted butter or margarine

Sift flour, measure, and return to sifter. Add baking powder, soda, sugar, and salt. Beat egg in mixing bowl, add sour milk and melted fat. Stir in dry ingredients, stirring enough to moisten well, but not until batter is smooth. Bake on a hot griddle. This amount makes ten or twelve cakes.

Potato Griddle Cakes

2 cups grated potato
1 egg
1½ tablespoons flour
1 teaspoon baking powder
1 teaspoon salt

Grate potato, using a grating knife, or forcing it through the food chopper. Add to egg, stir in flour mixed with salt and baking powder. Bake on a hot griddle.

Buckwheat Cakes

2 cups milk
½ cup fine bread crumbs
¼ yeast cake
½ teaspoon salt
½ cup lukewarm water
1¾ cups buckwheat flour
1 tablespoon molasses
¼ teaspoon soda

Scald milk. Pour onto bread crumbs and let stand until lukewarm. Add salt and yeast cake which has been softened in

lukewarm water. Stir in enough buckwheat flour to make a batter to pour. Let rise overnight. In the morning stir well, add molasses and one-fourth teaspoon soda dissolved in one-fourth cup lukewarm water. Bake on a hot griddle.

Save out one-fourth of the batter to use as a starter or "seed" the next morning. It is used in place of yeast in the mixings thereafter.

Plain Waffles

2 cups flour
2 teaspoons baking powder
1 teaspoon salt
2 eggs
1¼ cups milk
¼ cup melted butter or margarine

Sift flour, measure, and return to sifter. Add baking powder and salt. Beat eggs until very light, add milk. Stir in dry ingredients, stirring enough to mix well, but not until batter is smooth. Stir in fat and bake on a hot iron.

Gingerbread Waffles

(Nice for dessert or Sunday night supper)

2 cups flour
1 teaspoon soda
¼ teaspoon salt
½ teaspoon ginger
½ teaspoon cinnamon
2 eggs
¼ cup sugar
½ cup molasses
1 cup sour milk or buttermilk
¼ cup melted fat

Sift flour, measure, and return to sifter. Add soda, salt, spices as each is measured. Beat eggs, add sugar gradually, beating it in. Blend in molasses, then add sour milk and melted fat. Stir in dry ingredients all at once, stirring until well mixed but not until batter is smooth. Bake on not quite as hot an iron as for other waffles.

One teaspoon grated orange rind may be used in place of spices.

Corn Meal Waffles

¾ cup corn meal
1 cup boiling water
¼ cup fat
1 cup flour
1 tablespoon sugar
1 teaspoon baking powder
½ teaspoon soda
½ teaspoon salt
2 eggs
1 cup sour milk or buttermilk

Measure corn meal and put into a mixing bowl. Pour boiling water over it and let stand until lukewarm. Add fat and let it melt. Sift flour, measure, and return to sifter. Add sugar, baking powder, soda, and salt. Beat eggs until thick and lemon colored. Beat in milk. Add corn meal mixture, blending it in thoroughly. Add dry ingredients all at once, stirring until they are thoroughly moistened. Bake on a hot waffle iron.

CAKES

Cakes are feeling the pinch of rationing and economy measures. But there are still some to bake, some that use another sweetening—as maple sirup, honey, molasses, sorghum, corn sirup—and fewer eggs, less fat. On the whole, we will probably be baking fewer cakes, serving them less often, and using in their place fruits and simple puddings.

In making substitutions, the following will prove helpful:

In layer, sheet, loaf, and cup cakes, one-half the amount of sugar called for in the standard recipe may be replaced with corn sirup.

In cakes using chocolate, dates, raisins, nuts, and mixed fruits, honey may be substituted for sugar without changing other proportions. In the plain cake, however, it is better to substitute honey for one-third or one-half the amount of sugar.

Honey is approximately as sweet as sugar; maple sirup and molasses three-fourths as sweet; corn sirup, half as sweet. Thus, for the cup of sugar, allow one and one-half cups maple sirup or molasses, and two cups corn sirup.

In using corn sirup, reduce amount of liquid from one-fourth to one-third.

With maple sirup, reduce liquid one-half.

When using honey, reduce liquid by one-fourth to one-half, depending on its thickness. Always use a lower heat with honey, as it browns quickly.

For molasses and sorghum, the reduction of liquid will depend upon their thickness. One-fourth to one-half is a good rule to follow. Here also a lower heat is required.

SODA MAY BE NEEDED

When using sorghum or molasses, one-half teaspoonful of soda to the cup of sirup must be allowed for the additional acidity. It should be sifted with the dry ingredients.

Maple sirup has a slightly acid reaction in baking. One-fourth teaspoon soda to the cup may be added, but it is not always needed.

Honey also has a slightly acid reaction. If soda is not called for in the recipe, one-fifth teaspoon to the cup of honey may be allowed.

FATS IN CAKES

Butter and margarine can be used interchangeably in cakes. When using lard in place of either, two tablespoons less to the cup should be used, because lard is a more concentrated fat. Some hydrogenated fats can be used in the same proportion as butter or margarine; usually indication is made on the package.

Chicken fat can be used in cakes using chocolate or spices. Allow two-thirds cup to the cup of butter.

ALL PURPOSE FOR CAKE FLOURS

In substituting all purpose flour for cake flour in a cake recipe, use two tablespoonfuls less to the cupful.

CHANGING FLAVORS

Try different flavorings in the cakes, and vary those of the frosting. For example:

With the cake flavored with orange, try vanilla and almond in the frosting.

Almond and orange extracts go well together in the cake batter.

Try flavoring the cake with black walnut extract. Nice, too, in the frosting.

Almond and lemon extracts can be used together.

Flavor frosting with essence of peppermint. Sprinkle crushed peppermint candy over the top for garnish.

For the gingerbread or spice cake, use grated orange rind and orange juice, in place of spices and milk.

Maple Angel Food Cake

1 cup cake flour
½ cup sugar
1 cup maple sirup
1 cup egg whites
¼ teaspoon salt
1 teaspoon cream of tartar

Use a tube pan that has never been greased. A slow oven, 300 degrees Fahrenheit, for the baking.

Sift flour, measure, and sift several times with sugar. Boil maple sirup to the very soft ball stage, 232 degrees Fahrenheit. Cool slightly, to 180 degrees. Beat egg whites with salt until frothy. Add cream of tartar and continue beating until whites are stiff, but not dry. Add sirup gradually, beating it in. Fold in flour and sugar, sifting it over the top, a small portion at a time, and folding it in as added. Turn into pan. Bake in the slow oven about one hour, or until cake shrinks from the sides of the pan and is nicely browned. Invert pan on a cake rack and let stand until cool and cake drops from the pan. Serve plain or frost with maple frosting.

Sponge Cake

(Using Corn Sirup)

1 cup all purpose flour
1 teaspoon baking powder
¼ teaspoon salt
1½ cups light corn sirup
5 egg whites
5 egg yolks
1 tablespoon lemon juice
½ teaspoon grated lemon rind

Use an ungreased pan. A slow oven, 300 degrees Fahrenheit, is needed.

Sift flour, measure, and sift several times with baking powder and salt.

Boil corn sirup until it forms a firm ball when tried in cold water (240 degrees Fahrenheit). Have egg yolks beaten.

Beat whites until they stand up in peaks but are not dry. Add corn sirup to them gradually, beating it in as added. Add lemon juice and rind, beating them in. Fold in egg yolks. Fold in sifted dry ingredients gradually. Turn into pan. Bake in a slow oven, fifty minutes to an hour, or until browned and the cake shrinks from the sides of the pan. Use plain or frost with fluffy white frosting.

NOTE: 1 teaspoon cream of tartar may be used in place of lemon juice and rind. In which case use lemon or orange extract for flavoring.

Feather Cake

1¾ cups cake flour
2 teaspoons baking powder
¼ teaspoon salt
⅓ cup butter, margarine, or other mild fat
1½ teaspoons grated orange rind (may be omitted)
1 cup light corn sirup
2 eggs
⅓ cup milk
1 teaspoon vanilla

Grease the bottoms of two eight-inch layer-cake pans. Line them with waxed paper. Grease paper. A moderately hot oven, 375 degrees Fahrenheit, is needed.

Sift flour, measure, and sift several times with baking powder and salt. Cream fat with orange rind. Add sirup gradually, creaming it in thoroughly as it is added. Sift in one-fourth the flour, and beat until batter is smooth. Separate eggs. Add egg yolks to batter one at a time, beating each time until batter is smooth and well blended. Add remaining flour in thirds, alternately with milk in halves, beating well after each addition. For best results, beat cake very well at each stage of the mixing. Add vanilla.

Beat egg whites until they will hold up in peaks, yet are satiny looking. Fold quickly, but thoroughly, into the batter. Turn into prepared pans. Bake in a moderately hot oven, 375 degrees Fahrenheit, about twenty minutes, or until nicely browned and the cake shrinks from the sides of the pan. Let stand in pans five minutes, then remove to a cake rack to cool.

Use orange filling and fluffy frosting for the top.

Honey Cake

2 cups cake flour
3½ teaspoons baking powder
½ teaspoon salt
½ cup butter, margarine, or similar fat
1 teaspoon grated orange rind
½ cup sugar
⅔ cup honey
2 eggs
½ cup orange juice

Prepare two nine-inch layer-cake pans. A moderate oven, 350 degrees Fahrenheit, is needed.

Sift flour, measure, and sift several times with baking powder and salt. Cream fat thoroughly with orange rind. Add sugar gradually, creaming it in. Add honey gradually, blending it in well.

Separate eggs. Add yolks, one at a time, to the batter, beating each in thoroughly. Add dry ingredients alternately with orange juice, stirring well after each addition. Fold in stiffly beaten egg whites last. Turn into prepared pans and bake thirty to thirty-five minutes. Let stand in pans five minutes, remove to a cake rack to cool. This cake, too, is nice with the chocolate frosting.

Sour Cream and Corn Sirup Spice Cake

1 cup seedless raisins or currants
1¾ cups cake flour
1½ teaspoons baking powder
½ teaspoon soda
¾ teaspoon salt
1 teaspoon cinnamon
½ teaspoon cloves
1 egg
½ cup brown sugar
½ cup corn sirup
2 tablespoons melted butter or other fat
½ cup sour cream.

Prepare two eight-inch pans, or sixteen cup-cake pans. A moderately hot oven, 375 degrees Fahrenheit, is needed.

Wash raisins or currants, and drain well. They may be omitted. Sift flour, measure, sift a portion over raisins or currants when they are dry. Sift remainder several times with baking powder, soda, salt, and spices. Beat egg, blend in brown sugar, adding it gradually. Add corn sirup gradually, stirring it in as added. Blend in fat. Add dry ingredients alternately with sour cream, stirring well after each addition. Turn into prepared pans. Bake until nicely browned and the cake shrinks from the sides of the pan. Let stand in pans a few minutes, then remove to a cake rack to cool.

One Egg Cake

2 cups cake flour
2½ teaspoons baking powder
¼ teaspoon salt
⅓ cup fat
½ cup sugar
1 egg
½ teaspoon vanilla
½ cup light corn sirup
¾ cup milk

Grease two eight-inch layer-cake pans. Line bottom with waxed paper, grease paper. A moderate oven, 350 degrees Fahrenheit, is needed.

Sift flour, measure, and sift with baking powder and salt. Cream fat, add sugar gradually, creaming it in. Add beaten egg and vanilla, blend well. Blend sirup with milk. Add dry ingredients alternately with milk and sirup mixture, stirring

thoroughly after each addition. Turn into prepared pans. Bake about thirty minutes, or until cake shrinks from the sides of the pan and, when tested with cake tester, comes out clean.

Chocolate Cake

1½ cups all purpose flour
1 teaspoon soda
½ teaspoon salt
⅓ cup fat
½ cup brown sugar
¾ cup dark corn sirup
1 egg
1 ounce unsweetened chocolate, melted
½ teaspoon vanilla
¾ cup buttermilk or sour milk

Grease a loaf pan, line bottom with waxed paper. Grease paper. A moderate oven, 350 degrees Fahrenheit, is needed.

Sift flour, measure, and sift with soda and salt. Cream fat, add sugar gradually, creaming it in as added. Add corn sirup, blending it in well. Add well beaten egg, chocolate which has been melted over hot water, and vanilla. Add dry ingredients alternately with milk, stirring well after each addition. Turn into prepared pan and bake, forty-five minutes, or until when tested with a cake tester, it comes out clean, and cake shrinks from the sides of the pan.

Apple Sauce Cake

¼ cup raisins
2 cups cake flour
3 teaspoons baking powder
⅛ teaspoon soda
¼ teaspoon salt
1½ teaspoons mixed spices or
1 teaspoon grated orange rind
⅓ cup fat
½ cup sugar
2 eggs
½ cup molasses
1 cup apple sauce

Grease a nine-inch square pan, line bottom with waxed paper, and grease paper. A moderate oven, 350 degrees Fahrenheit, is needed.

Wash raisins, drain well. Sift flour, measure, and sift a portion over raisins when they are dry. Sift remainder of flour with baking powder, soda, salt, and spices.

Cream fat, add sugar gradually, creaming it in well. Add well beaten eggs, blend thoroughly. Stir in molasses. Add dry ingredients alternately with apple sauce. Add raisins last. Turn into prepared pan, and bake about one hour, or until nicely browned and the cake shrinks from the sides of the pan. Let stand five minutes, then remove to a cake rack to cool.

Graham Cracker Cake

30 graham crackers, rolled fine
2½ teaspoons baking powder
¼ teaspoon salt
1 tablespoon butter or margarine
⅓ cup sugar
2 egg yolks
⅔ cup milk
2 egg whites

Grease the bottom of two eight-inch pans, or bake in a loaf. A moderate oven, 350 degrees Fahrenheit, is needed.

Roll crackers fine. Add baking powder and salt. Cream fat, blend in sugar. Add well beaten egg yolks, blend well. Add cracker crumbs alternately with milk. Fold in egg whites last. Bake fifteen to twenty minutes, or until cake shrinks from the sides of the pan. Let stand in pans a few minutes, then remove, and let cool. This cake is tasty put together with a cream custard or jelly filling, and a sprinkling of confectioner's sugar over the top.

Sour Milk Gingerbread

2 cups all purpose flour
1 teaspoon baking powder
1 teaspoon soda
½ teaspoon salt
2 teaspoons ginger
1 teaspoon cinnamon
1 teaspoon nutmeg
⅓ cup fat
½ cup sugar
1 cup molasses
1 cup sour milk
1 egg

Prepare a sheet pan, two eight-inch layer-cake pans, or cup-cake pans, greasing them well. A moderate oven, 350 degrees Fahrenheit, is needed.

Sift flour, measure, and sift with baking powder, soda, salt, and spices. Cream fat, add sugar gradually, creaming the

while. Add molasses and mix well. Add dry ingredients alternately with sour milk, beating after each addition until batter is smooth, but no longer. Add beaten egg last. Turn into prepared pans and bake from forty to forty-five minutes.

Hot Water Gingerbread

2½ cups all purpose flour
1½ teaspoons baking powder
½ teaspoon soda
½ teaspoon salt
1 teaspoon ginger
½ teaspoon cinnamon
¼ teaspoon cloves
½ cup fat
½ cup sugar
2 eggs
1 cup molasses
1 cup boiling water

Grease an eight-by-twelve pan, or sixteen to twenty-four cup-cake pans, depending on size. Heat oven to moderate temperature, 350 degrees Fahrenheit.

Sift flour, measure, and return to sifter. Add baking powder, soda, salt, and spices to flour as each is measured.

Cream fat, add sugar gradually, creaming it in well. Set aside and beat eggs until thick and lemon colored. Add to butter and sugar mixture, blending them well. Add molasses. Blend it in. Sift a portion of the dry ingredients into the first mixture, stir it in well. Add a portion of hot water, stir it in. Continue alternating dry ingredients and water until all have been added. Work quickly, stirring until batter is smooth each time, but do not overstir. When all has been added, turn into pans and bake in a moderate oven, from forty to forty-five minutes.

Jelly Roll

¾ cup cake flour
1 teaspoon baking powder
¼ teaspoon salt
½ cup sugar
¼ cup corn sirup
3 eggs
1 teaspoon vanilla
Jelly

Use a shallow pan. Grease it and line with waxed paper. Grease paper. A hot oven, 400 degrees Fahrenheit, is needed.

Sift flour, measure, and sift several times with baking powder and salt. Sift sugar alone twice.

Separate eggs. Beat yolks until thick and lemon colored. Beat whites until they stand up in peaks. Add sugar and corn sirup alternately, a small amount at a time, beating each one in thoroughly. Fold in egg yolks. Fold in flour gradually. Turn into prepared pan and bake, about thirteen minutes.

After baking, turn cake from pan at once onto a cloth sprinkled with confectioner's sugar. Remove paper and quickly cut off crisp edges. Spread with jelly. Roll while warm. Wrap in a cloth and place to cool.

Pork Cake

1 cup seedless raisins
1 cup seeded raisins or other fruit
½ cup candied orange rind
¼ cup citron
1 cup nut meats
1 cup fat salt pork
2 apples
1 cup molasses
1 cup brown sugar
3 cups flour
2 teaspoons soda
2 teaspoons cream of tartar
1 teaspoon cinnamon
2 teaspoons mixed spices
½ teaspoon salt
3 eggs

Grease a loaf pan, or several smaller pans. Line with heavy waxed paper, and grease paper.

Prepare fruit. Wash and drain raisins, cut orange rind and citron into small pieces. Chop nut meats coarsely. Force salt pork through the food chopper into a saucepan. Grind apples and add to salt pork. Stir in molasses and brown sugar. Simmer one-half hour over a very low heat.

Sift flour, measure, and sift a portion over fruits which have been tossed together. Sift remaining flour with soda, cream of tartar, and spices.

Cool pork and apple mixture. Stir in fruit and nut meat mixture. Add well beaten eggs and flour gradually. Turn into prepared pans. Bake in a slow oven, 300 degrees Fahrenheit, one and one-half to two hours or until cake shrinks from the sides of the pan.

Dried Apple Fruit Cake

2 cups dried apples
2 cups molasses
1 cup currants
½ pound raisins
3 cups flour
2 teaspoons baking powder
½ teaspoon soda
½ teaspoon salt
2 teaspoons cinnamon and 1 teaspoon cloves or Grated orange and lemon rind
1 cup fat
½ cup sugar
3 eggs
1 cup milk

Line a loaf pan with heavy waxed paper. Grease paper.

Soak apples overnight in water to cover. Chop fine and simmer in molasses until a rather dark color. Cool. Wash currants and raisins. Drain thoroughly. Sift flour, measure, and sift with baking powder, soda, salt, and spices. Cream fat, blend in sugar. Add well beaten eggs. Stir in dry ingredients alternately with milk. Add fruits and stir in apple mixture. Turn into prepared pan and bake in a slow oven, 275 degrees Fahrenheit, three to four hours.

Apple Sauce Fruit Cake

1 cup seeded raisins (Other dried fruits may be used instead)
½ cup citron
½ cup candied fruits
½ cup chopped nut meats
2½ cups all purpose flour
2 teaspoons soda
1 teaspoon cloves
1 teaspoon cinnamon
½ teaspoon each allspice and nutmeg
½ teaspoon salt
½ cup butter or margarine
½ cup sugar
½ cup honey
1 egg
1½ cups apple sauce
1 tablespoon grated lemon rind
2 teaspoons lemon juice
2 teaspoons cold coffee or water

Line a deep loaf pan with waxed paper. Grease paper. A slow oven, 300 degrees Fahrenheit, is needed.

Prepare fruit. Dredge with part of the flour. Sift remaining flour with soda and spices. Cream fat, add sugar gradually, creaming the while, blend in honey. Stir in well beaten egg.

Add apple sauce which has been drained quite dry. Beat in flour sifted with spices. Add remaining ingredients in order named. Mix thoroughly. Turn into pan and bake about one and one-half hours. Nice to send the boys at camp.

CAKE FROSTINGS AND FILLINGS

Cake frostings and fillings can be made with little or no sugar. Some of them must be served immediately, others stand very well.

The first is light and fluffy, if spread immediately. It must not, however, stand in the bowl before spreading. It will hold up on the cake for several hours, or even overnight, unless it is a very damp day.

Fluffy White Frosting

1 cup corn sirup
1 egg white
⅛ teaspoon salt
1 teaspoon lemon juice
1 teaspoon grated lemon rind

Heat corn sirup in the top part of a double boiler until it can be poured in a fine stream. Beat egg white with salt until it will stand up in peaks. Add sirup gradually, beating it in. Continue beating until frosting will hold its shape. Add lemon juice and grated rind. Spread on cake immediately. Enough for a two-layer, eight-inch cake.

One teaspoon vanilla may be used in place of lemon juice, in which case beat one-eighth teaspoon cream of tartar in with egg white. After adding sirup, if frosting seems too thick, thin with a teaspoonful or so of water.

Seven Minute Marshmallow Frosting

1 egg white
¼ teaspoon salt
¼ cup corn sirup
1 cup marshmallows
1 teaspoon vanilla or
1 teaspoon lemon juice
and
½ teaspoon grated lemon rind

Put egg white into the top part of a double boiler, with salt and corn sirup. Cook over rapidly boiling water, beating constantly with a rotary beater, for seven minutes. Remove from heat, add marshmallows and flavoring. Beat until of proper spreading consistency. Enough for an eight or nine-inch layer cake.

Maple Frosting

1 cup maple sirup
1 egg white
⅛ teaspoon salt

Boil maple sirup until it spins a thread, 238 degrees Fahrenheit. Beat egg white stiff with salt. Add sirup gradually, beating it in. Will frost one loaf cake, or between layers and top of an eight-inch layer cake. Stands up well.

Honey Frosting

1½ cup honey
¼ teaspoon salt
1 egg white

Heat honey to 238 degrees Fahrenheit, or until it spins a thread. Care must be taken not to overheat. Pour slowly onto egg white beaten stiff with salt. Continue beating until frosting is fluffy and of proper spreading consistency.

Chocolate Frosting

2 ounces bitter chocolate
1⅓ cups sweetened condensed milk
Few grains salt
1 tablespoon water
1 tablespoon butter (may be omitted)

Melt chocolate over hot water. Add condensed milk slowly, stirring it in as added. Cook over boiling water, stirring constantly, until mixture thickens, about five minutes. Add butter and water. Cool, spread on a cold cake. This makes enough to cover tops and sides of a two-layer eight-or-nine-inch cake. It holds up very well.

One tablespoon orange juice may be used in place of water, and one teaspoon grated orange rind added for additional flavor.

Chocolate Cream Frosting

1 ounce bitter chocolate
1 ounce sweet chocolate
1 egg white
Few grains salt
¼ cup light corn sirup
½ teaspoon vanilla

Put chocolates into a small pan over hot water to melt. Cool slightly. Beat egg white stiff with salt. Add corn sirup gradually, beating it in. Fold in chocolate, which has been cooled somewhat, and vanilla. Especially nice with the one egg cake.

Creamy Peanut Butter Frosting

2 tablespoons peanut butter
1⅓ cups sweetened condensed milk
⅛ teaspoon salt

Measure peanut butter and condensed milk into the top part of a double boiler. Cook over boiling water until mixture thickens, about five minutes, stirring the while. Add salt, cool and spread on a cold cake. Nice on sour cream and sirup spice cake.

Jelly Frosting

½ cup tart jelly
1 egg white
Few grains salt

Place jelly in a bowl and set over hot water. Add egg white and salt. Beat with a rotary beater until jelly is free of lumps. Remove from double boiler and continue beating until mixture is stiff enough to stand up in peaks. Spread on cold cakes. Do not keep too long.

Cream Filling

¼ cup sugar
2 tablespoons cornstarch
½ teaspoon salt
1 cup milk
2 egg yolks
1 teaspoon butter
1 teaspoon vanilla

Combine sugar, cornstarch, and salt. Add milk slowly, blending it in carefully. Cook over boiling water, stirring constantly until thickened, and then occasionally until starch is thoroughly cooked, about fifteen minutes longer. Add a portion of the hot mixture to the beaten egg yolks, add butter, and return to double boiler to cook two minutes longer. Remove from heat, add flavoring and cool before spreading between layers of cake.

Orange Honey Filling

⅓ cup sugar
¼ cup cornstarch
¼ teaspoon salt
½ cup boiling water
⅓ cup honey
½ cup orange juice
2 egg yolks
2 tablespoons butter or margarine
1 tablespoon lemon juice
1 teaspoon grated lemon rind

Combine sugar, cornstarch, and salt in the top part of a double boiler. Add boiling water slowly, stirring it in carefully. Blend in honey. Add orange juice. Cook over boiling water, stirring constantly, until mixture thickens. Continue cooking, stirring occasionally, until mixture is clear, about fifteen minutes. Pour onto beaten egg yolks. Return to double boiler and cook two minutes longer. Remove from heat, blend in fat, lemon juice, and rind.

Lemon Cream Filling

¼ cup sugar
2 tablespoons cornstarch
⅛ teaspoon salt
½ cup boiling water
¼ cup honey
¼ cup lemon juice
¼ teaspoon grated lemon rind
1 egg yolk
½ tablespoon butter or margarine

Combine sugar, cornstarch, and salt in the top part of a double boiler. Blend in boiling water. Add honey, lemon juice, and grated lemon rind. Cook over boiling water until mixture is thickened and clear, stirring constantly at first and then occasionally. Beat egg yolk. Add a portion of the lemon mixture to it, stirring it in. Return to double boiler, cook two minutes longer. Add butter, cool, and spread between layers of cake. Try this with gingerbread for a tempting dessert.

Prune Filling

To Use with Spice Cake

3½ tablespoons cornstarch
1 cup prune juice
Few grains salt
2 teaspoons lemon juice
¾ teaspoon grated lemon rind
1 teaspoon grated orange rind
2 tablespoons corn sirup
1 cup chopped cooked prunes
⅓ to ½ cup nut meats, if desired

Measure corn starch into the top part of a double boiler. Blend in water in which prunes have cooked. Add salt, lemon juice, grated rind. Stir in corn sirup. Cook over boiling water, stirring constantly, until mixture has thickened. Add prunes. Continue cooking, stirring occasionally, until clear, about fifteen minutes. Cool before spreading between layers of cake.

COOKIES

Cookies have enlisted in the wartime program. They are serving on the front lines with the workers in their lunch boxes, and going to the boys in camps, as well as giving their usual pleasure at home. In making them, as in other baking, it is well to use enriched flour for the added vitamin and iron content which it offers the menus.

We concentrate here upon cookies that are "easy on the sugar," and not too demanding of fat. Any and all will pack well in the lunch box or in the box for the boys at camp.

Refrigerator Cookies

½ to ¾ cup nut meats or raisins
2½ cups all purpose flour
2 teaspoons baking powder
½ teaspoon salt
⅔ cup fat
¼ cup brown sugar
1 cup corn sirup
1 egg
½ teaspoon vanilla

Prepare nut meats or raisins, rinsing them with warm water and placing them to drain. Sift flour, measure, and return to sifter. Add baking powder and salt as each is measured. Sift together several times.

Cream fat, add brown sugar gradually, blending it in. Stir in corn sirup slowly. Add well beaten egg and vanilla. Beat mixture vigorously. Add dry ingredients gradually, stirring them in as added. Add nut meats or raisins, or both.

Line a pan or refrigerator tray with waxed paper. Pack in dough. Chill thoroughly. The dough is too soft to handle until it is chilled. Remove from refrigerator, cut in slices, place on a lightly greased cookie sheet, leaving some space for spreading. Bake in a hot oven, 400 degrees Fahrenheit, until delicately browned, eight to ten minutes.

Sour Cream Drop Cookies

1 cup raisins, dates, currants, or figs
1 cup all purpose flour
1 teaspoon baking powder
½ teaspoon soda
½ teaspoon salt
1 cup whole-wheat flour
1 cup sour cream
½ cup sugar
½ cup honey
1 egg

Prepare raisins. Sift white flour, measure, and sift with baking powder, soda, and salt. Mix in whole-wheat flour. Blend sugar into sour cream, adding it slowly. Add honey, stirring it in thoroughly. Add beaten egg. Stir in dry ingredients gradually, stirring after each addition. Add raisins. Drop from the tip of a spoon onto a greased cookie sheet. Bake in a hot oven, 400 degrees Fahrenheit, ten to twelve minutes.

Filled Cookies

2 cups all purpose flour
1 teaspoon baking powder
¼ teaspoon salt
⅓ cup fat
½ cup sugar
1 egg
3 tablespoons milk

FRUIT FILLING

½ cup chopped dates or raisins
¼ cup coarsely chopped nut meats
1 teaspoon grated orange rind
¼ cup corn sirup
1½ tablespoons melted butter or margarine

Sift flour for cookies, measure, and sift with baking powder and salt. Cream fat, add sugar gradually, creaming it in. Add egg and beat vigorously. Add dry ingredients alternately with milk, stirring after each addition until batter is smooth. Chill in refrigerator while making filling.

Combine ingredients for filling in a small bowl.

Roll dough out to one-fourth inch thickness. Cut in rounds. Put a spoonful of filling on half the rounds. Cover with others. Press edges together with a fork dipped in flour. Prick the tops to prevent blistering. Bake in a moderately hot oven, 375 degrees Fahrenheit, ten to twelve minutes.

Maple Nut Cookies

1 cup nut meats
3 cups flour
1 teaspoon soda
1 teaspoon cinnamon
½ teaspoon cloves
¼ teaspoon ginger
½ teaspoon salt
1 egg
1 cup maple sirup
½ cup melted butter or margarine
Maple sugar

Prepare nut meats, chopping them coarsely. Sift flour, measure, and return to sifter. Add soda and spices to flour as each is measured. Beat egg, add maple sirup to it gradually, beating it in. Have butter or margarine melted and cooled somewhat. Add it to the egg and maple sirup mixture. Blend thoroughly. Stir in dry ingredients gradually. The dough should be quite stiff. If it isn't, put it in the refrigerator to chill an hour or two. Then pinch off small balls, roll lightly between the palms. Roll in maple sugar, in white sugar or in brown. Place on lightly greased baking sheet and bake ten to twelve minutes, in a moderate oven, 375 degrees Fahrenheit. This recipe can be treated as a refrigerator cookie, part of it baked one day and the remainder of the dough stored in a covered container in the refrigerator until needed another day.

Oatmeal Cookies

2½ cups oatmeal
¾ cup raisins or other dried fruit
¾ cup flour
2 teaspoons baking powder
¼ teaspoon soda
½ teaspoon salt
2 teaspoons mixed spices or
1 tablespoon grated orange or lemon rind
⅔ cup melted fat
½ cup sugar
¾ cup molasses
1 egg
1 tablespoon milk

Wash raisins, drain well.

Measure oatmeal. Sift flour, measure, and sift with baking powder, soda, salt and spices. Melt fat, stir in sugar, molasses, beaten egg, and milk. Add dry ingredients gradually, stirring them in. Add raisins or other fruit. Drop from a teaspoon onto a greased cookie sheet. Bake in a moderately hot oven, 375 degrees Fahrenheit, about twelve minutes.

Peanut Butter Honey Cookies

¾ cup nut meats or raisins
2½ cups all purpose flour
1½ teaspoons baking powder
¼ teaspoon soda
½ teaspoon salt
½ cup fat
½ cup peanut butter
½ cup honey
½ cup brown sugar
1 egg
½ teaspoon vanilla

Prepare nut meats, breaking them coarsely. Peanuts are particularly nice. Or, as stated, raisins may be used.

Sift flour, measure, and sift with baking powder, soda, and salt. Cream fat and peanut butter together, blending them well. Add honey, mixing it in thoroughly. Add sugar gradually, blending it in. Add egg and beat. Add vanilla. Stir in dry ingredients slowly. Shape into a roll. Wrap in waxed paper, chill thoroughly. Cut in thin slices and bake in a hot oven, 400 degrees Fahrenheit, about ten minutes. Makes sixty cookies.

Ginger Snaps

3¾ cups all purpose flour
1 teaspoon soda
½ teaspoon ginger
½ teaspoon cloves
¼ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon salt
½ cup plus 2 tablespoons fat
⅓ cup brown sugar
⅔ cup molasses
1 egg
½ tablespoon grated orange rind

Sift flour, measure, and return to sifter. Add soda, salt, and spices to it as each is measured. Cream fat, blend in sugar, and molasses. Blend thoroughly. Add egg and beat well. Stir in orange rind. Sift in dry ingredients gradually, stirring after each addition until batter is smooth. Shape into a ball or into rolls. Cover, and place in refrigerator to chill.

Work with only a small portion at a time, if rolling out. Or the rolls may be cut in slices. The cookies should be put on a lightly greased cookie sheet. Bake in a moderately hot oven, 375 degrees Fahrenheit, ten to twelve minutes. Care must be taken not to burn molasses cookies.

Honey Hermits

1 cup seedless raisins
1 cup currants
1 cup dates
1 cup nut meats
2¼ cups flour
1 teaspoon soda
½ teaspoon salt
½ teaspoon allspice
½ cup fat
1 cup honey
½ cup brown sugar
2 eggs
3 tablespoons milk

Prepare fruit and nut meats. Sift flour, measure, and sift with soda, salt and spices. Mix fruit and nut meats with a portion of the flour. Cream fat, blend in honey and sugar. Add eggs, one at a time, beating each one in thoroughly. Add dry ingredients alternately with milk. Add fruit and nut mixture. Drop from the tip of a spoon onto a greased cookie sheet and bake in a hot oven, 400 degrees Fahrenheit, ten to twelve minutes.

Honey Chocolate Chip Cookies

⅓ cup nut meats
1 cup all purpose flour
1 teaspoon baking powder
¼ teaspoon salt
½ cup fat
½ cup honey
1 egg
½ teaspoon vanilla
½ cup semi-sweet chocolate chips

Scald nut meats. Break into large pieces. Sift flour, measure, and sift with baking powder and salt. Mix in nut meats. Cream fat, add honey, creaming it in well. Add egg and beat mixture vigorously until it is light and fluffy. Sift in dry ingredients gradually, stirring after each addition until batter is smooth. Stir in vanilla, chocolate chips and nut meats, or bits of sweet chocolate may be used instead. Chill dough. Drop from the tip of a spoon onto a greased cookie sheet. Bake in a moderately hot oven, 375 degrees Fahrenheit, until lightly browned and baked through, about twelve minutes.

Cinnamon Pinwheel Cookies

Nice for teas and to serve at home

1½ cups flour
¼ teaspoon salt
½ cup butter or margarine
½ cup sugar
1 egg
½ teaspoon vanilla

FILLING

½ cup fine bread crumbs
2 teaspoons cinnamon
⅓ cup chopped nut meats
2 tablespoons honey
2 tablespoons cream

Sift flour, measure, and sift with salt. Cream fat, add sugar gradually, creaming it in. Add egg and beat vigorously. Add vanilla. Stir in dry ingredients gradually, blending them in well. Cover, and place in refrigerator to chill.

Combine remaining ingredients for filling. Roll out chilled cookie dough, working with only a small portion at a time. Spread with filling, roll as a jelly roll. Wrap in waxed paper and chill again. Cut in slices. Place on a greased cookie sheet and bake in a moderate oven, 375 degrees Fahrenheit, ten to twelve minutes. This makes about forty cookies.

Bargain Brownies

1 cup chopped peanuts
1 cup flour
1 teaspoon baking powder
Few grains salt
⅓ cup cocoa
⅓ cup melted fat
⅓ cup dark corn sirup
1 egg

A shallow eight-inch pan is needed. Grease, line with waxed paper. Grease paper. Bake in a moderate oven, 350 degrees Fahrenheit.

Sift flour, measure, and sift with baking powder, salt, and cocoa. Blend fat and corn sirup. Stir in a well beaten egg. Add dry ingredients gradually, stirring them in as added. Add peanuts. Turn into prepared pan and bake about fifteen minutes. These brownies are not sweet, as we are accustomed to having them. They may be spread with cream chocolate frosting if desired.

Fig Newtons

1 cup dried figs
⅔ cup nut meats
3 tablespoons butter or margarine
3 tablespoons hot water
½ teaspoon vanilla
3 cups whole-wheat flour
½ teaspoon soda
¼ cup sugar
1 teaspoon salt
1 cup sour cream

Wash figs in warm water. Drain thoroughly. Force through a food chopper with nut meats. Cream fat, add water gradually. Add to figs and nut meats, blending thoroughly. Blend in vanilla.

Sift whole-wheat flour, measure, and sift into a mixing bowl with soda, sugar, and salt. Stir in sour cream. Knead and roll dough very thin, keeping it rectangular in shape. Spread one-half the dough with the fig and nut meats mixture. Fold other half over. Press together. Cut into small squares. Place on a greased cookie sheet. Sprinkle with sugar and bake in a hot oven, 400 degrees Fahrenheit, twenty to twenty-five minutes.

Fruit Strips

¼ cup chopped dried prunes
¼ cup chopped dried apricots
⅓ cup nut meats
2 cups flour
1 teaspoon baking powder
½ teaspoon soda
¼ teaspoon salt
¼ cup fat
½ cup sugar
½ cup dark molasses
1 teaspoon grated orange rind
1 egg
¾ cup buttermilk

Prepare fruits and nut meats, chopping the latter coarsely. More fruits and no nut meats may be used. Line a shallow pan with waxed paper. Grease paper. A moderate oven, 350 degrees Fahrenheit, is needed.

Sift flour, measure, and sift with baking powder, soda, and salt. Cream fat. Blend in sugar gradually. Add molasses and orange rind, blending them in also. Add beaten egg. Stir in dry ingredients alternately with buttermilk. Add fruit and nut meats. Turn into prepared pan. Bake until cake shrinks from the sides of the pan, ten to fifteen minutes. Remove to a cake rack to cool. Cut in finger-length pieces.

Honey Nut Brownies

¾ cup nut meats, raisins, or currants
½ cup flour
¼ teaspoon baking powder
¼ teaspoon soda
¼ teaspoon salt
¼ cup butter or margarine
2 ounces bitter chocolate
½ cup honey
½ cup sugar
2 eggs

Grease an eight-inch pan. Line it with waxed paper, and grease paper. A slow oven, 300 degrees Fahrenheit, is needed.

Prepare the nut meats, scalding them first, then breaking into large pieces. If using raisins, wash them and drain.

Sift flour, measure, and return to sifter. Add baking powder, soda, and salt. Place fat and chocolate over hot water to melt. Blend together well. Add the honey gradually, blending it in as added. Stir in sugar gradually. Add eggs, one at a time, beating vigorously until mixture is light and fluffy. Add dry ingredients gradually, stirring them in as added. Add raisins or nut meats last. Turn into prepared pans and bake in a slow oven, about forty-five minutes, or until cake shrinks from the sides of the pan. Remove from pan to a cake rack to cool. Cut in squares while warm.

8

Cereals

CEREALS bring to mind piping hot or crisp cool breakfast dishes. Also included are foods made from cereal grains or flour, as rice and macaroni.

They are good energy foods. The whole-grain or enriched ones supply some minerals and vitamins. The whole-grain products, thoroughly cooked, may be preferred for their full flavor as well as for the minerals and vitamins.

The less money we have for food, the more important it is to get the greatest return for the food money. Cereals are an inexpensive food, and the great number available gives the homemaker a variety of choices. A good breakfast to start the day includes a cereal.

In addition to the many kinds of cereals, the method of serving and the various flavors to be added give foods which may be served for any meal during the day. Fried cereals, with sirup, baked with a cheese sauce, combined with fruit and baked as a pudding, made into cakes and fried, can be welcome changes in the menus.

READY-TO-SERVE CEREALS:

Ready-to-serve cereals are prepared from many grains in different forms, as shreds, flakes, etc. Some are made from the whole grain and others are enriched with the addition of minerals and vitamins.

Crispness is important for attractive serving. Keep box

tightly closed and store in a dry place. If damp weather or long storage causes the contents to become somewhat limp, the crispness may be restored by spreading in a flat pan and toasting in a moderate oven 350 (degrees). Shake the pan occasionally during the toasting. On cooling, the cereal will be fresh and crisp.

COOKING CEREALS

The family members may have individual preferences for thick, medium, or thin cereal. All may be pleased by making the cereal thick and serving the thick cereal to those who prefer it. Now add boiling water until cereal is of the desired consistency for medium and thin cereal.

The directions on the box usually give the amount needed and proportion of cereal and water and also approximate time of cooking.

Approximate proportions of cereal and water:

Crushed, Rolled: 1 cup cereal to 2 cups boiling water, ¾ teaspoon salt—makes approximately 2 cups of cereal.

Fine grained, as cornmeal, etc.: 1 cup cereal to 5 cups boiling water, 1½ teaspoons salt—makes approximately 4½ cups of cereal.

Cracked: 1 cup cereal to 4 cups boiling water, 1½ teaspoons salt—makes approximately 4 cups of cereal.

Rice: 1 cup rice to 8 cups boiling water, 2 teaspoons salt—makes approximately 3 cups cereal.

Method I.

Heat water to boiling, in top part of double boiler. Add salt. Sprinkle cereal in boiling water slowly, stirring constantly. Cook over direct heat, stirring constantly, for about five minutes. Heat water to boiling in bottom part of double boiler. Place cereal over boiling water, cover, and cook, the time depending on the cereal. From twenty to thiry minutes is plenty for partially cooked cereals, and forty minutes to an hour for that which has not been partially cooked in the processing.

Method II.

For fine grained cereals: Heat water in top part of double boiler, saving out one cupful from the measured amount for each cup of cereal to be used. Measure cereal into a mixing bowl, stir in the cold water held out for this purpose, blending them together well. Add salt to boiling water, then stir in cereal and water. This prevents lumping of the finer-grained cereals. Cook five minutes over direct heat, place over hot water, and finish cooking.

Method III.

Quick cooking type of rolled oats is cooked over low, direct heat from five to ten minutes, stirring constantly, and does not need to be placed over boiling water.

Method IV.

Heat water to boiling in top of double boiler. Heat some also in bottom part ready for cooking the cereal over it. Sprinkle cereal slowly into boiling salted water in top of double boiler. Immediately place over boiling water, cover, stirring occasionally. It will take from forty to fifty minutes for this method, but requires less stirring.

DRESSING UP THE BREAKFAST CEREAL

The favorite additions are fruit—either fresh or dried. Fresh fruits in season—all kinds of berries and peaches—are delicious.

Dried fruits—as raisins, dates, and figs—may be cooked in the cereal; or stewed dried fruit, such as peaches, apricots, prunes, served over the cereal.

Brown sugar and a dash of cinnamon make an enjoyable change in flavor.

Molasses, sorghum, and maple sirup are also liked for sweetening. Use alone or with top milk.

Cornmeal Mush—Fried

4 cups water
1 cup cornmeal
1 teaspoon salt

...rnmeal mush by Method No. I or Method ... into a pan and cool. This may be kept in the re- ... until wanted. Cut mush in slices from ⅓ to ½-inch in thickness. Melt bacon fat, butter or margarine in frying pan, allowing one tablespoon for every four or five slices. Panfry slowly until browned on one side. Turn, cook, and brown on the other. Serve with molasses, sorghum, sirup, or jam.

Boiled Rice

2 quarts boiling water
3 teaspoons salt
1 cup rice

Heat water to rapid boiling, add salt. Wash rice thoroughly in a strainer by letting cold water run through it. Add rice to boiling water slowly to prevent boiling being stopped. Boil until rice grains are soft when pressed between thumb and finger. It will take from twelve to twenty-five minutes, depending on the rice. When cooked, turn rice into a strainer or colander and pour hot or cold water through it to separate the grains. Rice turned into a colander placed over hot water, covered with a cloth for ten minutes, further separates the grains and is a good method of keeping it hot.

Creole Rice Cakes

2 slices bacon, chopped
1½ tablespoons chopped onion
1½ tablespoons chopped green pepper
½ teaspoon salt
¼ teaspoon pepper
1½ cups cooked rice, brown or white
½ cup sifted flour
½ teaspoon baking powder
½ cup tomatoes

Panfry bacon crisp and add to remaining ingredients. Mix

thoroughly. Drop by spoonfuls into a skillet containing bacon drippings. Brown on one side, then on the other. Makes eight cakes.

Brown or Unpolished Rice

Brown rice may be boiled the same as white rice, or cooked as in Method No. I, for cereal. Double the cooking time.

Hominy Grits

1 cup hominy grits
4 cups water
1 teaspoon salt
1 tablespoon butter or margarine

Heat water to boiling in top of double boiler, adding salt to it. Add the grits slowly, stirring constantly. Cook five minutes over direct heat. Put over boiling water and cook forty-five minutes to one hour. When ready to serve, add butter or margarine and stir thoroughly.

Or cook the grits over low direct heat, stir frequently.

May be served as a cereal or as a vegetable with butter or gravy. A favorite with pork, ham, or sausage.

VARIATIONS

May be molded, sliced and fried, and served with sirup or sorghum.

To bake hominy grits, add 1 egg, 1 tablespoon butter or margarine, ½ cup hot milk, to 1 cup cooked hominy grits. Put in baking dish. Cheese may be sprinkled over the top. Bake in a moderate oven, 350 degrees Fahrenheit.

Graham Mush

1½ cups graham flour
1 cup cold water
4 cups boiling water
2 teaspoons salt

Mix flour with cold water. Add slowly to boiling salted water in top of a double boiler. Stir constantly. Cook five minutes and place over boiling water. Cook forty-five minutes to one hour.

Graham mush may be served with cream and sugar, or put in a pan to mold until cold, when it is sliced and panfried in fat.

Leftover Cereals

The homemaker who can always prepare enough cereal and yet not have any left over is a wise judge of the family's appetite. If there are leftover cereals they may be fried, used to make griddle cakes, muffins, puddings, or added to chowders. Small amounts will serve to thicken soups.

Cereal Griddle Cakes

1 cup sifted flour
½ teaspoon salt
4 teaspoons baking powder
¾ cup evaporated milk
1 tablespoon melted fat
1 egg, separated
¾ cup water
1 cup cooked whole-grain cereal (oatmeal or whole wheat)

Sift flour with salt and baking powder into mixing bowl. Add milk slowly, stirring to keep smooth. Then beat in egg yolk, water, cereal, and fat. Stir until smooth. Fold in beaten egg white. Drop from a spoon or pour batter from a pitcher onto a hot griddle. Bake slowly to a golden brown on both sides. Makes approximately twenty cakes.

Oatmeal Chowder

3 tablespoons fat
1 large onion
3 cooked carrots, diced
1 cup cooked split peas
2 cups tomatoes
2 cups cooked oatmeal
1 quart water
Salt to taste

Melt fat, add onion, and cook until browned. Add all other ingredients and cook for twenty to twenty-five minutes, until flavors are blended.

Cereal Muffins

1½ cups flour
2 tablespoons sugar
½ teaspoon salt
4 teaspoons baking powder
1 egg
½ cup milk
1 cup cooked cereal (rolled oats, hominy grits, whole wheat)
2 tablespoons melted margarine or fat

To the sifted flour add sugar, salt, and baking powder. Beat egg thoroughly. Add one-half the milk to the egg and one-half to the oatmeal. Stir thoroughly and combine the two. Add melted fat and sift the dry ingredients in all at once. Stir quickly. Bake in greased muffin pans in a hot oven, 425 degrees Fahrenheit, for twenty to twenty-five minutes. One-half cup raisins may be added.

Cereal Puddings

Leftover cereal may be combined with fruits, sweetened, and baked for puddings.

A pudding of apples and raisins, with layers of whole-wheat cereal, sprinkled with sugar and grated orange rind, baked in a slow oven until apples are tender, is easy to prepare.

Dried prunes, peaches, or apricots, arranged in layers with leftover cereal, make a pudding the family will enjoy. Use your favorite seasoning of grated lemon, grated orange rind, or cinnamon.

9

Egg and Cheese Dishes

FOR BREAKFAST, LUNCH, AND DINNER

EGGS and cheese . . . there is a combination for you! Eggs count among the best of body builders, furnish essential minerals and five of the vitamins. Cheese is milk in a concentrated form. It has protein, fat, calcium, phosphorus; is an excellent source of vitamins A and G; contains some thiamin. Combine them or use them separately, and you have substantialness of the first order.

An egg a day for each member of the family is a good rule to follow. This may be eaten at breakfast or used in the preparation of a dish for one of the other meals of the day. When prices advance, the number may be cut down to three or four a week, but for the children it is safer to keep the number up to four or five a week.

Buy a week's supply of eggs at a time, but not more than that. The top quality is best for poaching, frying, or cooking in the shell, but the less expensive grades can be used for general cooking. It matters not whether the shell is brown or white.

Eggs should be stored in the refrigerator, in a basket, or open bowl. Fresh eggs left standing at room temperature do not remain fresh.

Stray yolks or whites, left over from other cooking and from the baby's feedings, can be put to good use.

EGG YOLK FACTS

1 egg yolk emulsifies 1 cupful of salad oil for mayonnaise.
2 egg yolks will thicken 1 cupful of milk for custard.
7 to 8 egg yolks measure about one cupful.

When There Is One Egg Yolk

Beat it into a glass of milk for young Mary or John, flavor with a little molasses or sugar and vanilla.

Use with milk for French toast.

Add to cream sauce, creamed vegetables, or meat that is being prepared.

Add to griddle cake or muffin batter, or to biscuit dough.

When There Are More

Use them in making cookies or in baked custards.

Hard cook them, by lowering them gently into boiling salted water. Cover and simmer about fifteen minutes. Drain. Mash. Use in sandwich filling, to grate over the top of vegetables, or add to the salad dressing.

WHITE OF EGG FACTS

Save the extra egg white to use as a meringue on fruit, for dessert, or fruit tarts.

Use the beaten egg white for fluffing up the cooked salad dressing in place of whipped cream.

Use in preparing gelatin "snows."

Use in making mallobets or sherbets (see dessert chapter).

More on Cheese

Five ounces of American Cheddar cheese is about equal to a quart of milk. It is, therefore, a bargain food, since there is

no waste, and it offers a wealth of flavor, richness, and goodness.

American or Cheddar is most commonly used in cooking, though Swiss, cottage, and cream cheese are also popular. There are many others. Knowing them helps to give that much more variety to our menus.

Cheese should be stored tightly wrapped in a covered container. If the cut side is spread lightly with butter, or brushed with salad oil, it will not dry out.

Cook Slowly!

One cookery rule holds for both eggs and cheese . . . they must be cooked slowly and overcooking avoided. Too high a heat, or too long cooking, toughens them, makes egg dishes watery and cheese stringy and rubbery.

Rules for the Breakfast Eggs

Soft and Hard Cooked Eggs. Eggs taken from the refrigerator may be placed in cold or warm water to cover, the water heated to boiling and kept at simmering the prescribed length of time. The soft cooked stage is reached by the time the water is boiling. For medium cooked, let stand three to five minutes; for hard cooked, fifteen to twenty minutes.

If eggs have been standing at room temperature, they can be put into boiling water and the water kept at simmering. Allow three minutes for soft cooked, five for medium cooked, and fifteen to twenty for hard cooked.

Fried Eggs. Melt one or two tablespoons fat in a frying pan. Slip in eggs gently, reduce heat, cover pan, and cook over a low heat until set. Instead of covering the pan, the eggs may be basted with the fat.

Poached Eggs. Heat water to boiling in an egg poacher or shallow pan. Add salt, one teaspoonful for each two cups of water. Break egg into a saucer. When water is boiling slide in

egg gently. As other eggs are added, they should each be broken into a saucer and slipped gently into the water. As soon as eggs are added, cover the pan and remove from heat. Let stand until eggs are of desired doneness.

Eggs may also be poached in milk or in sauces, as tomatoes, or Spanish style, in which case the sauce is poured over the eggs in serving.

Shirred Eggs. Put one tablespoonful of cream in individual ramekins. Drop in eggs gently. Sprinkle with salt, put into a moderate oven, 350 degrees Fahrenheit, fifteen to twenty minutes. The cooking is speeded if ramekins are heated before putting in eggs.

Scrambled Eggs. Allow three eggs for two servings, or one apiece, according to appetites. Rinse off eggs, break into a mixing bowl, add two tablespoons milk or cream, to three eggs, and a dash of salt. Beat until yolks and whites are well blended. Melt a tablespoon of fat in a frying pan, slip in the eggs, and cook them over a low heat until firm, stirring from the bottom, so as to brown lightly and cook evenly.

Ways with Poached Eggs

Poached Eggs with Ham and Tomato. For the summer brunch, panfry or broil thin slices of ham. On each slice of ham place a slice of tomato, seasoning it with salt and pepper. Place under broiler heat to cook tomato. Serve ham and tomato on toast, topped with a poached egg.

Eggs Poached in Cheese Sauce. Add one-half cup grated cheese to one and one-half cups thin cream sauce. Turn into a shallow baking dish, or leave in the same pan, drop in four eggs carefully. Cover dish and cook over a very low heat until eggs are set.

Hash Cakes with Eggs. Corned beef hash cakes topped with poached eggs is a general favorite with the sterner sex. Serve them for breakfast, lunch, dinner, or supper. Use in the same way with potato and codfish cakes.

Poached Eggs on Spinach. Serve poached eggs on a nest of spinach and pour cream cheese sauce over all.

Varying the Shirred Eggs

Shirred Eggs a la Suisse. Place a thin slice of Swiss cheese in the bottom of greased ramekins. Break an egg over the cheese. Sprinkle with salt and a trace of mustard. Cover with two or three tablespoons cream, or evaporated milk. Sprinkle grated cheese over the top and bake in a moderate oven, 350 degrees Fahrenheit, until firm. Slip under broiler a minute before serving to brown the cheese.

With Liver. Add diced cooked calf, beef, or chicken liver to cream in ramekins before putting in the egg.

With Asparagus. Grease individual ramekins. Sprinkle with bread or cereal crumbs. Add a tablespoonful of milk or cream. Warm the ramekins, drop an egg into the center of each, and over it arrange several spears of cooked asparagus (good way to use leftovers). Sprinkle bread or cereal crumbs and grated cheese over the top. Bake in a moderate oven, 350 degrees Fahrenheit, until eggs are firm. Nice for a luncheon dish.

On Baked Potato. Bake large potatoes, cut slice from top, hollow out centers slightly, or remove, mash, and refill. Drop an egg in the center of each and return to oven to bake until egg is firm.

Creamed Eggs

For Luncheon, Supper, and Dinner

Allow one and one-half cups medium cream sauce to four hard cooked eggs, shelled and cut in eighths. Season well. Serve on toast, toasted rolls, in reheated muffins or over vegetables.

With Meat. Add one-half to three-fourths cup shredded cooked ham, tongue, corned beef, chicken, or liver to the creamed eggs, increasing the cream sauce slightly. (An excellent way to extend small dabs of leftover meat.)

With Cheese. Add one-third to one-half cup grated cheese to the cream sauce, melt before adding eggs.

With Celery. Add three-fourths cup diced cooked celery to the cream sauce with the eggs. Grated cheese sprinkled over the top makes an excellent addition.

With Chipped Beef. Sauté chipped beef in fat. Make cream sauce in pan in which beef is cooked, add eggs and a bit of cheese, if desired. Season well and serve on toast, cooked rice, or use as a filling for baked potatoes.

To Serve With Creamed Eggs. Serve the creamed eggs on slices of crisp toast, on mounds of cooked rice, maybe on hot waffle squares. Accompany them with a green vegetable, or tomatoes, or a vegetable and green salad, and gingerbread or a simple cake or fruit for dessert.

Scrambled Eggs with Variations

With Rice. To three beaten eggs add one cup cooked rice. Season well, and cook over a low heat until of the desired firmness. This amount serves four or five and is an excellent way of "stretching" the eggs. Squares of crisp bacon or shredded ham may be added, too; or slices of bacon or of frizzled beef arranged with the eggs and rice in serving.

With Bread Crumbs. Add one-half to three-fourths cup bread crumbs to three eggs. Will serve four or five.

Monday Eggs. Monday morning, when there is likely to be just a little chicken left over, add it to the eggs when scrambling for breakfast or luncheon. Diced giblets will be liked especially.

With Cheese. Add one-half cup grated cheese to the beaten eggs. Season well and cook over a very low heat, or in the top part of a double boiler.

Scrambled Eggs Creole. Sauté one teaspoon minced onion, one-fourth cup chopped green pepper, and one-half cup sliced mushrooms (they can be omitted) in two tablespoons butter or other mild fat. Add three-fourths cup tomatoes, and four

beaten eggs. Cook, stirring until thickened. Serve on crisp toast. Serves four or five.

Company for Scrambled Eggs. Serve hashed browned potatoes with the scrambled eggs (except where rice is used), another vegetable, if desired; a simple salad, as the Bargain salad; and fruit dessert when using for a luncheon or supper dish.

French Omelet for Three

4 eggs
2 tablespoons milk
½ teaspoon salt
2 tablespoons mild fat

Beat eggs until light and fluffy. Add milk and seasonings. Melt fat in a heavy frying pan, add eggs and cook over a low heat a few minutes, undisturbed. Then tip pan and with a spatula lift the cooked part so that the uncooked flows underneath. Continue until the mixture no longer flows. Increase heat a few seconds to brown the bottom, fold over and serve at once.

Puffy Omelet

Use the same proportions as in preceding recipe. Separate yolks and whites. Beat whites stiff, adding salt to them. Beat yolks, fold into the whites. Have fat melted in pan. Turn in eggs. Cook over a low heat until bottom part is browned, and put immediately into a moderate oven, 350 degrees Fahrenheit, to bake until firm, about fifteen minutes. Fold over onto a heated platter and serve at once.

VARIATIONS

Cheese Omelet. Add two or three tablespoons grated cheese to the egg, beating it into the French omelet, and folding it into the whites last for the fluffy one.

Bread Crumb Omelet. Add one-half to three-fourths cup toasted bread crumbs to either omelet. It will then serve five or six.

With Herbs. Add three tablespoons chopped parsley to either one.

One or two tablespoons chopped chives.

Use combinations of herbs, as chives, parsley, chervil, basil, thyme; chives, tarragon, and parsley; chives, sweet marjoram, thyme, and parsley.

Dried Beef Omelet. Sauté chipped beef in fat until crisp. Break into small pieces. Add to eggs. One-third to one-half cupful is sufficient for four eggs.

Diced Cooked Ham, shredded corn beef, slivered tongue, or other leftover meat may be used with the eggs, folding them in.

Bacon Omelet. Panfry squares of bacon until crisp; add to French, puffy, or cheese omelet.

With Creamed Vegetables. Creamed vegetables, as asparagus, peas, or a mixture of vegetables, leftovers or freshly cooked, added to the omelet as it is folded over onto the platter, makes a delicious and an easy luncheon dish.

With Creamed Meats. Creamed chicken, or chicken and ham, may be used the same way, and a small amount of meat extended to serve quite a few.

Rice and Cheese Omelet

2 cups cooked rice
2 tablespoons butter or margarine
1½ tablespoons flour
½ cup milk
¾ teaspoon salt
½ teaspoon dry mustard
½ pound American cheese
3 eggs

Cook rice in boiling salted water, starting with two-thirds cupful. Drain well, and blanch by pouring cold water through it. Make a cream sauce, melting butter, blending in flour and milk. Add seasonings and cheese. Cook over a low heat or over boiling water until cheese is melted. Stir in rice and beaten egg yolks. Fold in stiffly beaten egg whites. Turn into a shallow greased baking dish. Bake in a moderate oven, 350 de-

grees Fahrenheit, until firm in the center, about fifty minutes. Serves six.

To Serve with the Omelets

Serve the "dressed-up" omelet for luncheon, dinner, or supper. With those using creamed vegetables, a salad, bread, and fruit dessert is all that is needed. The salad might be of mixed greens, or greens and vegetables.

With the omelet using creamed meat, serve a green vegetable, perhaps a molded (or fresh when in season) tomato salad, with fruit for dessert.

With the cheese or bacon omelet, serve creamed potatoes, another vegetable or a salad, or both, and a simple dessert.

Welsh Rabbit

1 tablespoon butter or margarine
2 teaspoons flour
½ cup milk, bottled or evaporated
2 cups grated American cheese
½ teaspoon mustard
¼ teaspoon salt
Dash cayenne

Melt fat in top part of a double boiler. Blend in flour. Stir in milk slowly. When thickened slightly and smooth, add cheese, reduce heat and cook, stirring constantly, until cheese is melted. Add seasonings. Too high a heat and too long cooking may cause the rabbit to become stringy. Serves four.

To Serve the Rabbit. Serve on toast, toasted crackers, waffles, or on vegetables, such as asparagus or broccoli, on toast. For luncheon or supper, a small fruit salad accompaniment makes the meal complete.

Cheese Soufflé

1 cup grated cheese
3 tablespoons mild flavored fat
3 tablespoons flour
1 cup milk
½ teaspoon salt
Dash pepper
3 eggs

Prepare cheese, grease a baking dish. A moderate oven, 350 degrees Fahrenheit, is needed.

Melt fat, blend in flour, stir in milk gradually. Cook, stirring constantly, until thickened and smooth. Add seasonings and cheese and stir until cheese is melted. Remove from heat.

Separate eggs. Beat yolks, stir in a portion of the hot ingredients, then in turn stir that back into the large amount. Place to cool. Beat egg whites stiff. Fold into cheese mixture. Turn into prepared dish, set in a pan of hot water. Bake in preheated oven, 350 degrees Fahrenheit, until firm and top is nicely browned fifty to sixty minutes. Serve immediately! Serves four or five.

MENU SUGGESTION. Serve corn and bean succotash with the cheese soufflé, scalloped tomatoes, a crisp green and fruit salad, or green salad and fruit dessert.

CORN AND CHEESE SOUFFLÉ. Add one cup corn cut from the cob, or canned corn, to sauce with cheese.

VEGETABLE SOUFFLÉS. Make a cream sauce, using four tablespoons fat, four of flour, one-third cup milk, fresh or evaporated, one-third cup vegetable water, and add one cup vegetable purée. Use three eggs and method as given above.

CHICKEN, HAM, OR MEAT SOUFFLÉ. Prepare plain cream sauce, two tablespoons fat, three tablespoons flour, one cup milk. Allow three eggs and one cup diced cooked meat Ham, chicken, ham and chicken, chipped beef, are particularly tasty. Half meat and half vegetables may be used.

Cheese Fondue

1 cup milk
1 cup soft bread crumbs
1 cup grated cheese
½ teaspoon salt
1 tablespoon butter or margarine
3 eggs

Grease a baking dish. A moderate oven, 350 degrees Fahrenheit, is needed.

Scald milk, pour onto bread crumbs. Cool slightly. Add cheese, salt, pepper, and butter or margarine. Separate eggs.

Beat whites stiff. Beat yolks. Stir yolks into first mixture, fold in egg whites. Turn into prepared dish. Set in a pan containing an inch of hot water and bake in a moderate oven, 350 degrees Fahrenheit, until firm, about forty-five minutes. Serves four or five.

MENU SUGGESTION. Serve a green vegetable and Harvard beets with the cheese fondue, a salad or not, as preferred, and fruit for dessert. Or, if a salad is served, a cake for dessert.

Macaroni and Cheese

¼ pound macaroni
2 cups medium white sauce
¾ cup grated cheese
½ cup bread crumbs

Break macaroni into one and one-half inch lengths. Cook in boiling salted water until tender, about ten minutes. Drain, by turning into a colander and letting stand a few minutes.

While macaroni cooks, prepare white sauce by melting four tablespoons butter, blending in four tablespoons flour, and stirring in two cups milk slowly. Cook until thickened and smooth, stirring constantly. Season with salt and pepper and add one-half cup of the cheese and continue heating and stirring until cheese is melted. Remove from heat. Combine sauce and macaroni in a greased baking dish or casserole, sprinkle remaining cheese and bread crumbs over the top. Bake in a moderately hot oven, 375 degrees Fahrenheit, until heated through and browned on top, from twenty to twenty-five minutes. Serves four or five generously.

Baked Bread and Cheese

12 slices bread
½ pound cheese
3 cups milk (bottled or diluted evaporated)
1 tablespoon fat
¼ teaspoon salt
3 eggs

Place six slices of bread in a shallow greased baking dish. Cover each slice with a slice of cheese. Then cover with a second slice of bread. Scald milk, add fat and salt. Pour slowly

onto slightly beaten eggs. Pour over bread and cheese. Set dish in a pan of hot water and bake in a moderate oven, 350 degrees Fahrenheit, until firm and nicely browned, thirty to forty minutes. Serves six.

Golden Casserole

Prepare corn meal mush in the usual manner. Mold in a shallow pan. Cut in inch squares. Melt one-half pound spicy American cheese in one-half cup milk, over a low heat. Put mush and cheese sauce in a greased baking dish in alternate layers. Bake in a slow oven, 325 degrees Fahrenheit, twenty minutes. This amount serves four.

Gnocchi

Use corn meal mush again, or cooked cereal. Cereal cooked in milk is especially tasty used in this way. Mold. When cold, cut in slices. Arrange slices in a shallow greased baking dish. Pour Creole sauce (see sauces) over the top, sprinkle generously with grated cheese, and bake in a slow oven, 325 degrees Fahrenheit, until heated through and cheese is browned.

A green salad and dessert is all that is needed to make this meal complete.

Bean and Cheese Loaf

2 cups cooked dried beans
1 cup cheese cubes
1 cup bread crumbs
1 small onion, minced
Milk to moisten

Mash beans. Combine with ingredients in order named. Season well. Shape into a loaf, put into a greased baking dish, dot over the top with fat. Bake in a moderately hot oven, 375 degrees Fahrenheit, about forty-five minutes. Serve plain or with a tomato sauce. Serves four.

Boston brown bread, cole slaw, and baked apples will help

to complete this meal. A green vegetable may be added, if desired.

Cottage Cheese Nut Loaf

2 cups cottage cheese
1 cup nut meats
1 cup cooked rice
1 cup bread crumbs
2 tablespoons chopped onion (may be omitted)
1 tablespoon fat
2 eggs
⅓ teaspoon soda

Grease a loaf pan. A moderate oven, 350 degrees Fahrenheit, is needed.

Mash large lumps from cottage cheese (cream style may be used, or dry, and the mixture moistened with milk). Chop nut meats coarsely. Cook and drain rice. Sauté onion in fat. Combine ingredients in order named, adding soda to the beaten eggs. Season well. Turn into prepared pan. Bake until firm and well browned, forty-five minutes to an hour. Turn out onto a platter, arrange green vegetables around it. Serve plain, or with a well seasoned tomato sauce.

10

THE Meat Problem

"ONE serving a day of lean meat, poultry or fish, with dried beans, peas or nuts to take their place occasionally," is the dietary advice given. Liver, kidney, and similar cuts are particularly valuable for their mineral salts and vitamins, and should be included in menus. Once a week is not too often for them.

MEATS

The meats we serve will depend largely upon the supplies on hand. There are heavy demands upon our live stock production, for the armed forces and for shipment abroad. Everyone realizes that these needs must be met first. There will still be meat for home use, but there will probably be less choice of cuts and varieties. We must be ready to use that which is available. One day we may find rib roasts of beef in market selling at a price within our budgets, while another it may be rump, chuck, short ribs, leg of lamb, or sausage.

Menus must be kept flexible, markets watched. We must buy meats conservatively. We must use them to the last shred. All types of meat are good food . . . and all contain approximately the same essential nutrients. Knowing the different cuts and how to prepare them, is the best way of meeting needs from materials at hand. It is for this reason

that directions have been given in the following pages for buying and cooking the different cuts.

POINTERS ON BUYING AND USING MEATS

1. Buy roasts and pot roasts to serve two or three meals. Other cuts in just the right amounts for one meal, with no leftovers. The following will serve as guide:

ALLOW

¼ pound per serving for boneless cuts and ground meats.

½ pound per serving for cuts with some bone.

¾ to 1 pound poultry per serving, ¾ lb. tabledressed, 1 lb. New York dressed.

1½ ounce per serving of chipped beef.

An eight ounce package of bacon contains nine to ten slices, serves four.

2. When budgets are tight and supplies low, extend the meat flavor in casserole dishes, filling soups, or in meat loaves, by using vegetables or cereals with meats.

3. Save bones and trimmings for soup stock.

4. Cook meats at low temperature to save all possible juices in the meat. This gives better flavor and reduces the meat shrinkage. Rare or medium cooked beef or lamb are finer in flavor and have less shrinkage. Pork and veal, however, should be thoroughly cooked. Slow cooking also applies to stewing meats and to cooking meats for soups, simmering being the proper temperature for them.

5. Use ground or chopped pork, veal, and lamb, as well as beef, in meat cakes and loaves.

6. Simmer shanks or hocks of beef, veal, lamb, pork, or cured ham with vegetables. The cooking water or broth makes good soup for the next day or for the lunch box.

7. Take good care of cooked meats, to keep them fresh and appetizing for leftover dishes. Cut all meats and fat from the bone, place in refrigerator dish, cover and keep cold. Use

cubed leftover meats in casseroles, scalloped dishes, cream sauce, or in cold salads. The smaller pieces can be ground and used in patties, loaves, croquettes, timbales, sandwich fillings, or omelets. (See index for further suggestions.)

SAVE FATS

Save and use any fat trimmings from roasts, steaks, and chops. Melt them in the top part of a double boiler, strain, and use in cooking.

Save meat drippings, bacon grease, and bacon rinds. To clarify them, melt the fat with an equal volume of water. Heat the mixture at a moderate temperature for a short time, stirring occasionally. Cool. Remove the fat. Scrape off bits of meat or other particles sticking to the under side of the fat. Store clarified fat in the refrigerator. It is ready to use.

Remember, too, to skim fat from soups and stews, and to make good use of it.

In cooking with fat, never heat it to the smoking point. Fat so heated becomes rancid more rapidly and is then unfit for use.

Fat that has been used for deep fat frying should be strained through a fine wire strainer. Or it may be clarified by heating raw potato slices in it, and then straining. Store in a cold place.

Household fats have added uses today. They are needed in the manufacture of munitions as well as in the preparation of foods. Every drop of that which is not needed at home, should be conserved and turned into the collection center.

Storage

Meats should go into the refrigerator as soon as possible after delivery. They should be unwrapped, the surface wiped off with a dampened cloth, the meat placed upon a clean platter or shallow container, covered loosely with waxed paper or not at all, and stored in the coldest part of the refrigerator.

Roasts and large cuts keep better than the small. Ground meat, with many cut surfaces, loses flavor and juiciness rapidly. It should be used as soon as possible after purchasing. Liver, kidneys, sweetbreads, the glandular organs, are perishable and should not be stored long. The same is true of poultry.

Cured meats, too, need refrigeration, except the old-fashioned country-style ham, bacon, and the like. They can be kept in a cool, dark place, except in warm weather, when the refrigerator is the better place for them. Tenderized hams should be treated as the fresh meats. Bacon needs to be kept in its original wrappings or clean waxed paper. In using, only enough for the current meal should be taken from the refrigerator at one time. If the entire package is taken out and allowed to warm up each time some is used, it will not keep nearly as well.

Rules for Cooking

1. Cook all meats at a low temperature.
2. Use dry heat for the tender cuts. That is, do not add moisture, do not cover, do not baste.
3. Use moist heat for the less tender cuts. Moisture may be supplied in the form of water, vegetable or fruit juice, or milk.

Meat Cooking Terms

Roasting. Cooking by dry heat in the oven, open pan. Tender roasts of all meats and some poultry are prepared in this manner. Slow to moderate oven, 300 to 350 degrees is used.

Braising. The best method for the less tender roasts. Meats are browned in fat, a small amount of liquid is added, and cooking is done slowly on top of the range or in the oven. See Swiss Steak and Pot Roasts.

Broiling. Cooking tender steaks, chops, ground meats, glandular organs, under direct heat of broiler. Broiler rack should be from two to three inches from heat unit. Moderate heat gives best result. Pork and veal are not adapted to broiling. See steaks.

Panbroiling. Cooking by dry heat (without addition of fat or moisture) in heavy pan on top of the range. See Cubed Steaks.

Stewing. Cooking in a quantity of liquid. Meat is usually cut into small pieces, browned first in fat, then liquid added. Cooking should be done over a low heat and liquid kept just at the simmering point. See Stews.

Boiling. Meat is covered with water and cooked until tender at simmering temperature. See ham hocks with vegetables.

How to Make Good Gravy

Gravy to Accompany Steaks or Chops. To every tablespoon of fat in the pan, allow one tablespoon flour and one-half cup milk or water, or water in which vegetables have cooked. Fat in pan should be hot but not smoking. Blend in flour and stir until it is lightly browned. Add liquid slowly, stirring it in carefully to prevent lumping. A low heat is best for this process. Cook, stirring constantly, until thickened and smooth. Season well with salt and carry piping hot to the table.

For Pot Roast or Poultry, when there is a large amount of drippings in the pan, as in the pot roast, stew, or roast fowl. Make a paste of flour and milk. Allow two tablespoons flour for each half cup of liquid in the pan, and one cup milk. Measure flour into a small bowl. Blend milk into it. Add to hot drippings and stir until gravy is thickened and smooth. Add more milk or water as needed. Season well.

Speaking of Roasts

Rib roasts of beef, loin of veal, rack or leg of lamb, loin of pork are the tender cuts and are cooked by the same method. Wipe them with a dampened cloth, rub with salt, dredge with flour, place in an open roasting pan. If using a meat thermome-

ter, insert it so that the bulb rests in the center of a muscle and not on bone or fat. A standing rib roast does not require a rack, as the ribs serve that purpose. For the other roasts, place meat on a rack, fat side uppermost. Roast in a slow oven, 300 to 325 degrees, 350 for the fresh pork. Do not baste, do not add water. Roast should brown in the allotted time. If it does not, increase heat toward the end of the roasting period.

TIME AND TEMPERATURE FOR ROASTS

Roast	Oven Temperature	Meat Ther. Temp. *Degrees Fah.*	Time *Per Pound*
Beef.....Rare	300 to 325	140	18 to 20
Medium	300 to 325	160	22 to 25
Well Done	300 to 325	170	27 to 30
(Above is for a standing rib roast of four to five pounds. For smaller roast increase time five minutes per pound. For rolled rib roast increase time five to ten minutes per pound)			
Veal.....2½ to 4 lbs.	325	170	35 to 45
4 to 4½ lbs.	325	170	40
Lamb.....	300 to 325	180	30 to 35
Pork.....	350	185	35 to 40

ROASTS THAT REQUIRE LONGER COOKING

Bottom, Heel of Round, or Top of Round—can be cut in large roasts of five to six pounds; or small of two to three pounds.

Rump Roast, standing, or rolled, with bone removed—four or five pound roast will serve six.

Chuck Roast from Shoulder—includes blade and round boned pot roast. Can be boned or not. When boned, four to five pounds will serve six. For smaller family, buy roast of two to two and one-half pounds.

Short Ribs, which are cut from the ends of the ribs—allow two or three to a serving. Have cut in one piece, or in individual sized servings.

Boneless Neck Pot Roast—rectangular piece of meat, can be used as a pot roast or cut up in stews.

This is the Way We Cook Them

The Method. Braising is the best method for cooking these meats. It can be done on top of the range or, in the oven, if other foods are to be baked at the same time.

The Way. Rub the meat with salt and pepper. Dredge with flour. Heat about two tablespoons fat in the pan, or fry out some of the fat from the meat. Put in meat and brown well on all sides. A moderate, rather than high heat is best for this. Add a small amount of liquid, from one-half to one cupful. Slip a rack under the meat, as this keeps it from becoming too brown and hard on the under side. Cover pan closely, reduce heat and cook slowly until meat is tender. If cooking in the oven, use a slow heat, 300 to 325 degrees Fahrenheit. The lid should be removed during the last thirty minutes of cooking.

The Time. Allow approximately two hours for the small roast of two pounds, three to four hours for the larger one of three to five pounds.

Pot Roast or Braised Beef with Vegetables

The yellow vegetables and the white—potatoes, onions, carrots, turnips, celery—lend themselves to cooking with the meat. Others, such as green beans, can be cooked and heated with it at the last minute. Allow twenty to thirty minutes for cooking the vegetables if cut in cubes or strips, about forty-five minutes if whole, and longer if vegetables are old. Additional water may need to be added with the vegetables, in which case it should be boiling.

Try these combinations with the meat:

1. Potatoes, one medium sized for each serving; one or two carrots; and onion, one or more, are all liked. Strips of green pepper, too, can be added for color.

2. Use celery, one to one and one-half cupfuls; whole carrots, two to a serving; and canned tomatoes, tomato purée, or tomato juice for moistening.

3. With Spaghetti. Prepare pot roast of four or five pounds. During the last hour of cooking, sauté in a separate pan one large onion, chopped fine, one green pepper, also chopped, in two tablespoons fat. Add two cups canned tomatoes, or diced fresh. Cook together a few minutes, pour over the roast and continue cooking. In another pan cook one nine-ounce package of spaghetti in boiling salted water until tender. When roast is cooked, remove to a heated platter. Stir cooked spaghetti, which has been drained from liquid, into sauce in pan. Heat together, and swirl around the roast. This amount will serve six or eight. For the smaller family use a smaller roast, and reduce other ingredients accordingly.

4. With Fruit. Place plump cooked prunes and apricots around the pot roast twenty minutes or so before removing from cooking pan. Add a tablespoonful of vinegar to sauce in pan. Heat together. Arrange fruit around roast on heated platter. Thicken stock in pan, add water or juice from cooked prunes to proper gravy consistency, season well, and serve separately.

Braised Short Ribs of Beef

2 tablespoons fat
2 pounds beef short ribs
Salt and pepper
6 medium potatoes
6 carrots
6 onions

Wipe off meat with a dampened cloth, rub with salt and pepper, brown in fat in a heavy kettle or in roasting pan. Add one cup hot water, cover tightly, and allow to cook slowly until tender, about two hours. If baking in the oven, use a low heat, 325 degrees Fahrenheit. Add more water, if necessary, but do not use too much. Add vegetables long enough before serving for them to be cooked tender.

In serving, remove meat, place in the center of a heated platter and surround with vegetables, keeping them in their separate piles. Thicken stock in pan and serve separately.

Pot Roast Gravy, Plain and Fancy

Thicken the liquid in the pan by stirring in a paste made by blending one-half cup milk, water or vegetables juices, with two tablespoons flour for each cup of liquid in the pan. Cook, stirring the while, until thickened and smooth. Season well.

If using water of vegetable juices in making gravy, try adding some of the sirup from bread and butter pickles, along with the pickles. Heat together, pour over roast when serving. Sliced dill pickles can be used in the same way, but do not use their liquor.

Pot Roast with Herbs

Prepare a marinade, by adding a small onion, chopped fine, a clove of garlic, a sprig of thyme, a sprig of marjoram, a bit of lemon peel, salt and pepper, to one-fourth cup salad oil. Stand roast in oil for several hours, rubbing the oil into it. Remove, dredge with flour. Brown in hot fat in the usual manner, add a few celery leaves, a bay leaf, a sprig of parsley, and boiling water to cover bottom of pan, cover, and cook slowly until meat is almost tender, then surround with small onions, carrots, and potatoes. Continue cooking until tender.

Savory Pot Roast

4 pounds beef rump or chuck
Clove of garlic (may be omitted)
1 tablespoon salt
Dash pepper
3 tablespoons lard, or melted beef suet
1 cup hot water
¼ cup chili sauce

Wipe off meat with a dampened cloth. Rub thoroughly with a cut clove of garlic (if that flavor is liked), then with salt and pepper. Melt fat in Dutch oven, or roasting pan. Put in meat

and brown on all sides. Add water, chili sauce, cover, and simmer on top of the range or in a slow oven until meat is very tender, from three to three and one-half hours. Make gravy by stirring into the liquid in the pan two tablespoons flour blended to a smooth paste with one cup water, sour cream, or milk. Stir into pan and blend in thoroughly, stirring gravy until thickened and smooth. Season well. Serve separately from meat.

What to Serve with Them

The pot roast of braised beef with vegetables is the most savory kind of a one dish meal. A salad of mixed greens, or cole slaw, is all that is needed to make the main course complete, with, of course, the favorite bread of enriched or whole-wheat flour, corn bread, or the like. For dessert there may be fruit—fresh, canned, cooked dried—or cheese with wafers. Simple fruit salads, too, go well with this main dish and preclude the necessity for dessert, unless it be of cheese.

ROASTS OF VEAL

Shoulder Roasts. Known as cushion, with bone removed to form pocket for dressing; round bone shoulder, three to four pounds, serves six, with leftovers; blade bone shoulder roast.

Rump Roast. Three to four pounds, serve six. For the small family of two or three, allow two to two and one-half pounds.

Veal Breast. Can be roasted, braised, or stewed.

Roast or Braised

These veal roasts can be cooked in an open pan in a slow oven, 325 degrees Fahrenheit, allowing forty to forty-five minutes to the pound. Since veal has little fat, it is improved by placing strips of salt pork, of bacon, or other fat over it in roasting.

The same cuts can also be braised and treated as the pot roast of beef, including cooking vegetables with them.

Rolled Shoulder of Veal

A three pound roast will serve four or five, with some left over for meat pie another day. Rub with salt and pepper. Place in a roasting pan and roast in a slow oven, 325 degrees Fahrenheit, allowing forty-two to forty-five minutes to the pound. If, near the end of the roasting period, the roast is not browned, increase the heat. Potatoes may be placed around the roast, during the last few minutes of cooking. They will cook more quickly if parboiled ten minutes. Other vegetables may be cooked with the roast.

Stuffed Shoulder of Veal

Three or four pound shoulder of veal
2 cups bread crumbs
1 teaspoon minced onion
1 tablespoon chopped green pepper
3 tablespoons butter, margarine, or other fat
½ teaspoon salt
Pepper
Sage or poultry seasoning

In buying shoulder, have bone removed but delivered with the meat. It can be used in making soup. Rub inside of pocket and outside well with salt.

Prepare bread crumbs. Sauté onion and green pepper in fat. Blend in bread crumbs. Season mixture well. Moisten, if desired, with beaten egg and add milk or water, or leave dry, as preferred. Fill veal pocket with dressing, putting it in lightly. Tie or sew opening closed. Place in an open roasting pan and roast in a slow oven, 325 degrees Fahrenheit, allowing thirty-five to forty minutes to the pound.

One-half cup diced celery can be cooked with the onion and green pepper in the fat and added to the dressing for more flavor.

Stuffed Breast of Veal

Have a pocket made in the breast of veal, fill with above dressing. Sew or fasten edges together. Place on a rack in an open roasting pan. Roast in a slow oven, 325 degrees Fahrenheit, allowing about thirty-five minutes to the pound.

To Serve with Roast of Veal

Potatoes may be served with the roast that has a bread stuffing, or not, as desired. They can be browned with the roast to save fuel, and for extra flavor. If they are not served, kernel corn, mashed squash, or lima beans may be served instead, and with them another vegetable of contrasting color and flavor, as beets or tomatoes. A mixed green and vegetable salad, or fresh relishes, can take the place of the second vegetable. And for dessert a fruit, or simple pudding.

Roasts of Lamb

The shoulder of lamb has little waste in bone and fat. Four pounds of meat will serve three meals to a family of four. This can be had in a cushion shoulder with the bone removed, a rolled shoulder roast, or with the bone left in. The breast can be stuffed and roasted, as in breast of veal. The shanks are often braised and served as individual roasts.

Use dry heat for roasting these lamb cuts, and a slow oven, 300 to 325 degrees Fahrenheit.

Lamb Shoulder Roast

Apricot Stuffing

1 lamb shoulder, boned for rolling
1 tablespoon minced onion (may be omitted)
1 cup diced celery
3 tablespoons butter, margarine, or meat drippings
½ cup chopped dried apricots
4 cups soft bread crumbs
1 teaspoon salt
¼ teaspoon poultry seasoning
¼ cup boiling water

Rub meat with salt. Sauté onion and celery in fat, over a moderate heat, until lightly browned. Add apricots, bread crumbs, seasonings. Moisten with water. Spread onto shoulder meat. Roll tightly and fasten in place with twine. Place on a rack in an open roasting pan and roast in a slow oven, 325 degrees Fahrenheit, allowing forty minutes to the pound. This amount serves eight.

Prunes or chopped apple may be used in place of apricots. They do not require pre-cooking.

Creole Shoulder of Lamb

3 to 4 pound shoulder of lamb
1½ cups tomatoes
1 onion, chopped
1 green pepper, chopped
1 tablespoon chopped parsley
1 teaspoon sugar
1 teaspoon salt

Have butcher remove bone and roll the roast. Wipe off meat with a dampened cloth. Rub well with salt and pepper. Place in roasting pan uncovered and put into a slow oven, 325 degrees. Roast, allowing forty minutes per pound.

After one hour, prepare vegetables, combine with seasonings, and pour over roast. Continue roasting until meat is very tender. Serve with browned potatoes or, for a change, with rice. Thicken sauce in pan and serve with meat.

Accompaniments for the Roast Lamb

Browned potatoes, mashed, creamed, or scalloped potatoes; sweet potatoes, too, go well with the roast lamb. Carrots are a favorite vegetable accompaniment, especially when glazed and sprinkled with fresh mint. Green peas, green beans are favored in the green vegetables. The salad may be of greens alone, or with vegetables or fruits, jellied now and then, or plain. Almost any dessert pleases. Hot gingerbread complements the roast shoulder or breast of lamb. Brown Betty is generally liked, and so are plain fruits or fruit tarts.

ROASTS OF PORK

A three or four pound shoulder roast will serve four to six, with leftovers. Or a larger roast can be purchased.

The fresh Boston butt (top part of shoulder) is an excellent smaller cut, weighing from three to five pounds and having a high percentage of lean to the amount of fat.

In addition, there is the fresh picnic shoulder (lower half of shoulder); the fresh ham, and spareribs that can be roasted, braised, or boiled.

Rules for Cooking Pork

Pork must be thoroughly cooked. Roast in a moderate oven, 350 degrees Fahrenheit, allowing forty to fifty minutes to the pound. Roast in an uncovered pan. No water is needed.

Pork roasts need little dressing up. However, stuffing is a popular way of adding goodness and it helps to make the meat go farther.

Apples, apple butter, or apple sauce with pork are famed. Plump prunes, heated separately, or in the pan with the pork just before serving, lend zest, too.

Stuffed Pork Shoulder

3 to 4 pound boned pork shoulder
2 cups soft bread crumbs
1 teaspoon salt
2 tablespoons minced onion
1 cup canned corn
2 tablespoons melted fat

Wipe meat with a dampened cloth. Rub with salt and pepper, dredge with flour. Combine ingredients for dressing. Add seasonings to bread crumbs, stirring in onion, corn, melted fat.

Pack dressing lightly into shoulder pocket. Tie firmly with a cord, or sew. Roast in a moderate oven, 350 degrees Fahrenheit, allowing forty-five minutes to the pound, or from two and one-half to three hours. If not browned in that time, increase

heat during the last portion of the roasting period. Serves six to eight.

Roast Fresh Boston Butt

With Stuffed Baked Apples

Choose a Boston Butt (top part of the shoulder) weighing about five pounds. Rub with one tablespoon salt and place, fat side up, on a rack in pan. Roast uncovered in a moderate oven, 350 degrees Fahrenheit, allowing forty-five to fifty minutes to the pound. When tender, remove to a heated platter, surround with stuffed baked apples.

To Prepare Apples. Wash three or four apples. Cut in halves, if large; if small, allow one to a serving. Scoop out a portion of the centers. Discard core, but dice pulp. Mix diced pulp with one-half cup dry bread crumbs, two tablespoons brown sugar (or three tablespoons molasses, or sirup), few grains salt, dash of cinnamon, or of chopped mint. Stuff apples with mixture. Place in a shallow pan, add water just to cover the bottom of the pan, cover pan during first few minutes of baking, and bake at the same time as the roast, allowing thirty minutes for apples if cut in halves, forty minutes if whole.

MENU SUGGESTION. Let the apples take the place of one vegetable; serve browned potatoes with the pork and apples, or instead, baked carrots or turnips; some mixed greens for the salad, and omit the dessert or serve floating island.

Barbecued Spareribs

3 pounds spareribs
2 onions
½ cup catsup
¼ teaspoon pepper
Few grains chili powder
1 cup water

Have spareribs cut in pieces for serving. Brown on top of range. Place in roasting pan. Slice onions over the top. Combine seasonings with water. Pour over spareribs. Cover and bake in a moderate oven, 350 degrees Fahrenheit, until meat

is very tender, from one and one-half to two hours. Remove cover during the last thirty minutes of cooking.

MENU SUGGESTION. Serve baked potatoes with the spareribs, a crisp green and vegetable salad, with cottage pudding or spice cake for dessert.

Spareribs and Sauerkraut

1 section spareribs
1 quart sauerkraut
1 raw potato, grated
1 small onion, diced
2 tablespoons brown sugar or sirup

Select spareribs that have had the breast bone removed, so they can be easily separated into pieces by cutting down between the ribs in serving. Put sauerkraut into a roaster or casserole. Mix grated potato and minced onion with it. Sprinkle with brown sugar, molasses, or sorghum. Place a section of spareribs on top. Bake uncovered in a moderate oven, 350 degrees Fahrenheit, until spareribs are tender and nicely browned, an hour and a half to two hours.

MENU SUGGESTION. Serve lima beans, if in season, with the spareribs and sauerkraut, or buttered beets, a few fresh relishes, and a fruit for dessert.

Country Style Neckbones or Backbones

4 pounds neckbones, backbones (or spareribs)
4 medium sweet potatoes
4 medium apples

Wipe meat with a dampened cloth, rub with salt and pepper. Brown on top of range. Parboil sweet potatoes in their jackets for ten minutes. Drain, peel, and cut in slices lengthwise. Core apples and slice, but do not pare. Alternate layers of potatoes, apples, and meat in a baking dish, having meat on top. Cover and bake in a moderate oven, 350 degrees Fahrenheit, until meat is very tender, from one and one-half to two hours. Remove cover during last half hour of cooking.

SMOKED PORK

The whole ham may be purchased. A ten or twelve pound ham will serve the family of four or five, six or seven meals, with some perhaps for sandwiches in the meantime; or, for the smaller family, a half ham, weighing about six pounds serves to advantage. In buying the latter, the butcher may be asked to cut off the first two slices for broiling, and the remainder left for boiling or baking.

Then there is the Smoked Picnic Ham, which comes from the shoulder and is often called the calli-ham.

And the Smoked Shoulder Butt or Cottage Roll, excellent cut for the small family, as it weighs from two to three pounds.

The Cooking

Tenderized hams bake in a short time. Place them on a rack in an open roasting pan. They may be wrapped in heavy paper or not. Roast in a slow oven, 325 degrees Fahrenheit, uncovered and without basting.

If the rind has not been removed, thirty minutes before the ham is done, remove it from oven and remove rind. Treat in preferred manner. Glaze with a sirup or molasses or, if there is plenty of sugar, pat brown sugar over the ham. Return to a moderate oven, 350 degrees Fahrenheit, to glaze. Baste once or twice with a fruit sirup or with the ham liquor in the pan.

Time for Cooking

Allow ten minutes per pound for the pre-cooked ham, at 325 degrees Fahrenheit, unless the ham is very cold when it is put into the oven, in which case allow a longer time.

The tenderized ham of from ten to twelve pounds requires eighteen minutes per pound; the smaller ham, twenty minutes per pound; the larger, fifteen to seventeen minutes per pound, and twenty-two minutes per pound for the half ham.

Cooking Picnic Ham and Cottage Roll

THE PICNIC HAM can be baked in an open, or covered pan, with the addition of a small amount of water (generally directions are given on the wrapper). Allow thirty-five minutes to the pound. It can be glazed or spiced, just as the ham is treated.

THE COTTAGE ROLL can be baked, or simmered on top of the range. To bake, put into a small roasting pan, add water to cover the bottom of the pan and roast in a slow oven, 325 degrees Fahrenheit, allowing forty-five minutes to the pound. Half an hour before it is done, remove from roaster, brush over with prepared mustard, glaze with sirup, sprinkle with mixed spices, and return to oven to finish baking.

To simmer the roll, put into a pan of boiling water. Add a few leaves of celery, a slice of onion. Cover and simmer, allowing forty-five minutes to the pound. Serve plain. Vegetables, such as dry lima beans, may be cooked in the water with the meat, if desired. Or, after boiling it can be glazed and baked a few minutes.

Ham Shank with Vegetables

A small portion of the butt or shank end of ham may be cooked with vegetables in the following manner. The same method can be used for the picnic or cottage roll.

Place ham in a kettle. Cover with boiling water. Simmer until almost tender, about one hour. Add pared potatoes, whole carrots that have been well scrubbed, turnips, onions. Green beans, too, if desired.

Continue cooking until meat and vegetables are tender. Arrange meat and vegetables on a platter. Serve with mustard or horseradish.

MENU SUGGESTION. A crispy green salad and fruit dessert served with this main dish, will make the meal complete.

MEAT LOAVES

Meat loaf can take the place of a big roast, or a small one for the small family. One meat, as beef, may be used, or a combination, such as beef and pork; beef, pork, and veal; beef, fresh pork, and ham. We give here a few sample recipes that can be varied according to tastes and materials at hand.

Meat Loaf

(The more or less standard recipe)

1 pound ground beef (from chuck, rump, shank, neck, or bottom of round)
¼ to ½ pound ground pork (shoulder)
1 cup bread or cracker crumbs
1 teaspoon salt
1 tablespoon grated onion
1 egg, 2 egg yolks, or 2 eggs (when plentiful)
½ to ¾ cup milk, meat stock or vegetable water to moisten

Have beef and pork ground together. Combine ground meat with bread crumbs and seasonings. Moisten with beaten egg, milk, meat or vegetable stock. Shape into a loaf, or pack into a greased loaf pan and bake in a moderate oven, 350 degrees Fahrenheit, until baked through, about an hour and a quarter. Serves six.

VARIATIONS

1. Ground lamb from shank or neck makes a delicious meat loaf. Add chopped green pepper and chopped carrot, too, for additional flavor and color. Two tablespoons green pepper, and one-half cup carrots in place, or in addition to, half the bread crumbs.
2. Veal and fresh pork make a good combination.
3. Veal and ham are equally tasty.
4. Veal, beef, and pork in equal quantities make a well flavored loaf. Use one pound of each and increase other amounts accordingly for a large loaf.

5. Use ground liver with beef, or with beef and pork, one-half pound of each, or one-half pound liver, one pound beef, one-fourth pound pork. Two eggs will be needed to hold this loaf together.

6. Use ground beef and seasoned pork sausage instead of the plain fresh pork. Add chopped pickle, too, to the ingredients, or mold whole pickles lengthwise through the loaf, using three or four large ones.

7. With dressing. Put one-half the meat loaf mixture in the pan, cover with a well seasoned bread dressing. Add remaining meat. Bake in usual manner. Or moisten with Chili sauce diluted half with water during baking.

8. Spicy Meat Loaf. Use tomato juice for moistening the standard meat loaf, and blend into the ingredients one-half teaspoon prepared mustard, one tablespoon grated horseradish.

9. Use cooked rice or flake cereal instead of bread crumbs in the standard recipe, and add one-half cup grated raw carrots, if desired.

10. Barbecued Meat Loaves. Shape mixture into individual loaves. Place in shallow baking pan or pack into cup cake pans. Prepare a barbecue sauce by combining one-fourth cup catsup, two tablespoons vinegar, one teaspoon Worcestershire or other steak sauce, one tablespoon chopped onion. Pour over loaves after browning.

Pinwheel Meat Roll

Use same preparation. Turn mixture out onto a bread board covered with waxed paper. Flatten slightly. Place another piece of waxed paper on top, and with a rolling pin roll meat to one-half inch thickness, making it twice as long as it is wide. Remove paper, spread with a filling made by sautéing one teaspoon grated onion in one tablespoon melted fat, and adding one cup grated carrots. Roll up meat as a jelly roll. Place in a shallow baking pan, dot over top with fat. Bake in a moderate oven, 350 degrees Fahrenheit, until baked through and

nicely browned, about one hour. This loaf is especially nice sliced cold and used on the cold meat platter.

Sausage and Vegetable Loaf

1½ pounds pork sausage
2 cups bread crumbs
1 egg
½ cup milk
¼ cup uncooked carrots, grated
½ cup minced uncooked celery
½ cup finely chopped apple

Combine ingredients in order named. Shape into a loaf and bake in a moderate oven, 350 degrees, until nicely browned and thoroughly cooked, about one and one-half hours.

Oatmeal Meat Loaf

1 pound ground veal, beef, or lamb, or all three meats combined
1¼ cup uncooked rolled oats, quick cooking or regular
2 teaspoons salt
1 egg
1¼ cups milk
2 tablespoons chopped onion
2 tablespoons chopped celery
¼ cup chopped carrots

Combine ingredients, working lightly. Pack into a loaf pan and bake in a moderate oven, 350 degrees Fahrenheit, one hour. Good hot or cold.

STEAKS AND CHOPS

There are steaks and chops, too, to fit the wartime pocketbook. Generally those that are taken from the rib and loin section are the choice, tender cuts. In beef and lamb they are the ones best adapted to broiling.

Choice Steaks of Beef. For individual servings, Tenderloin, Fillet Mignon, Club, Small T-Bone, Porterhouse.

Steak for two, T-Bone, Porterhouse, Club, cut thick (an inch and a half to two inches), and weighing from one and one-half to two pounds.

Steak for four or five, Sirloin—should be cut an inch or more thick. Requires slightly longer time for broiling, since it is not quite as tender as the others.

Choice Chops of Veal. Rib or loin, corresponds to T-Bone of beef. Allow one chop to a serving, having it cut half to three-quarters of an inch thick. Veal is not suitable for broiling.

Choice Chops of Lamb. Rib or French chop and loin. Allow two to a serving. May be cut three-quarters to an inch and a half or two inches thick. Excellent for broiling.

Choice Chops of Pork. Rib and loin. Allow one to a serving, have cut half to an inch thick, or thicker when stuffing. Do not broil.

How to Broil

Moderate heat is recommended for broiling, as for roasting. This is obtained by placing steaks or chops with surface three inches from heat, if cut two inches thick; two inches from heat, if cut an inch thick or less.

Have broiler and pan heated. Rub pan with a portion of the fat of the meat. Place meat on it. Broil on one side until nicely browned. Season.

Turn, and finish cooking on second side. Season browned side and serve immediately.

BROILING TIMETABLE

Steak—1 inch thick
18 minutes for rare
22 to 23 for medium
25 to 28 for well done
Steak—2 inches thick
23 to 28 for rare
28 to 32 for medium
33 to 38 for well done
Lamb chops—
Rib or loin 15 to 18 minutes
Shoulder 20 to 25 minutes
Ham Slice—1 inch thick
20 to 25 minutes

Steaks That Require Longer Cooking

The Entire Round, cut thin for pan frying or thick for braising and serving as Swiss steak, is an excellent cut for the large family. The top or bottom cuts can be used when the family is small.

Blade Bone Steak—taken from blade section of shoulder. Best cooked by braising.

Flank Steak—a thin wedge shaped piece, without bone and with little fat. Stuff or treat as Swiss steak.

Cubed Steaks—individual steaks, cut thin. Excellent for pan-frying or braising. No waste.

Ground Round Steak—for balls and many uses.

Swiss Steak

Use the top or bottom cut of the round, or chuck steak, for cooking in this manner. One-third to one-half pound per person will allow plenty for one meal, with some left over for another. A two and one-half pound piece is nice for four. It should be cut one to two inches thick.

Wipe the steak with a dampened cloth. Rub with salt and pepper. Dredge with flour. With a blunt instrument, as a steak hammer or side of a saucer, pound flour into steak. Brown on either side in two tablespoons fat, in a heavy skillet or baking pan. When both sides are browned, cover top with sliced vegetables, such as sliced onions, one medium sized, one-half cup diced celery, one-fourth cup chopped green pepper. Add water, or tomato juice, or liquor from stewed tomatoes, to cover the bottom of the pan. Cover and simmer gently until steak is very tender, from one and one-half to two hours.

VARIATIONS

Swiss steak can be cooked without the addition of vegetables.

Add mushrooms to other vegetables during last part of cooking period.

Potatoes may be placed around the steak during the last forty minutes or hour of cooking, thus making a one dish meal.

MENU SUGGESTION. Swiss steak with vegetables and potatoes, perfection salad, fruit ambrosia, ginger cookies.

Chuck Steak with Onions

Have chuck steak cut about one-half inch thick. Rub with salt, dredge with flour. In a heavy skillet fry out some of the steak fat. Put in steak and brown on either side. Cover pan, reduce heat, and cook slowly until steak is tender, thirty to thirty-five minutes.

In another pan melt one tablespoon fat. Put in five or six onions, cut in thin slices. Cover closely and simmer gently until they are tender and a golden brown, from fifteen to twenty minutes. Serve meat on platter covered with onions.

MENU SUGGESTION. Steak and onions, boiled potatoes, buttered snap beans, or succotash, pickled beet and green salad, lemon snow pudding.

Roast Stuffed Flank Steak

1 flank steak
2 tablespoons chopped onion
2 tablespoons fat
2 cups cooked rice
½ teaspoon salt
½ teaspoon poultry seasoning
Milk to moisten

Wipe off steak with a dampened cloth. Rub with salt and pepper, and score in diamond shapes.

Sauté onion in fat for two or three minutes. Stir in rice and seasonings. Season mixture to taste. Moisten with milk. Spread on steak. Roll it crosswise, so that in carving it will be cut across the grain. Tie steak securely.

Put into a small roasting pan and brown in a small amount of fat on top of the range, turning it to brown on all sides. Add one-third cup of hot water. Cover and bake in a moderate oven, 325 to 350 degrees Fahrenheit, until meat is tender, one and one-half to two hours. Remove to a heated platter. Thicken gravy in pan, adding milk or vegetable water, to the right consistency. Serve separately.

Changing the Flavor:

Plain bread dressing can be used instead of the rice and bread crumbs. Brown rice can be used in place of white.

When eggs are plentiful, add one to the dressing.

Vary seasonings of dressing, adding a few minced herbs, as tarragon, minced chives, and more parsley.

MENU SUGGESTION. Since the flank steak is baked in the oven, select dishes to accompany it that can also be cooked in the oven—baked squash, bargain salad (see salad chapter), prune soufflé.

Cubed Steaks

Allow one cubed steak per person. Wipe off with a cloth wrung out of cold water. Rub with salt and dredge with flour. Melt a small amount of fat in a frying pan. Put in steaks and brown on either side. Reduce heat and cook slowly until tender, from ten to fifteen minutes.

A small amount of water, or of milk, may be added, just enough to cover the bottom of the pan, the pan covered, and the steaks cooked in this manner. Remove to a heated platter. Make cream gravy in the pan.

MENU SUGGESTION: Cubed steaks, hashed brown potatoes, spinach, celery and carrot sticks, fresh fruit salad.

Beef Roll-Me-Ups

Allow one cubed steak to a serving, or use thin slices of round, chuck, or rump, cut into individual servings.

Wipe each with a dampened cloth. Rub with salt and dredge with flour.

On each piece of steak place one-half slice bacon or small

piece of salt pork, two or three small green onions or slices of onion, a strip or two of carrots, and one or two of green peppers. Roll steaks around bacon and vegetables. Fasten in place with toothpicks. Roll again in flour.

Melt two tablespoons bacon, lard, or similar fat in a frying pan. Put in meat rolls and brown on all sides. Add boiling water, or water in which vegetables have cooked, to cover the bottom of the pan. Cover pan and simmer until steaks are tender, about forty minutes. Remove cover during the last ten or fifteen minutes of cooking, to allow further browning. Remove to a heated platter. Make gravy from fat in pan, and serve it over rolls or separately.

Bread dressing can be used in place of the vegetables.

Other vegetables, as parboiled green beans, may be used with those mentioned here.

MENU SUGGESTION. Beef roll-me-ups, mashed potatoes; watercress, sliced radish, cucumber salad with French dressing; apple soufflé.

Breaded Veal Shoulder Chops

4 shoulder chops
1 cup dry bread crumbs
1 egg, 2 egg yolks
2 tablespoons milk
1 cut clove garlic (if liked)
2 tablespoons fat
Salt, pepper
⅓ cup Chili sauce or other pepper relish
⅓ cup water or vegetable water, or
⅔ cup stewed tomatoes

Have veal cut three-quarters of an inch thick. Wipe with a dampened cloth. Rub with salt and pepper. Have bread crumbs spread out on a plate. In another plate beat egg with milk. If eggs are scarce, use just milk to dip the chops into.

Dip chops first in flour, then in egg, and last, coat with crumbs. Spread out on a platter and let stand thirty minutes, if there is time. The standing hardens the crumb coating and helps to keep it in place.

Rub pan in which chops are to be cooked, with garlic. Melt fat in pan. Put in chops and brown on either side. Combine

Chili sauce with water. Pour over chops. Cover tightly and cook over a low heat, or in a moderate oven, 350 degrees Fahrenheit, until chops are very tender, forty minutes to an hour.

Veal Birds with Cheese Dressing

1 veal cutlet
1 teaspoon minced onion, if that flavor is liked
2 tablespoons chopped green pepper (may be omitted)
2 tablespoons melted fat
1 cup bread crumbs
¼ teaspoon salt
⅓ cup grated American cheese

Wipe off meat with a dampened cloth. Cut into serving pieces, about two inches long by three or four inches wide. Sprinkle each piece with salt and pepper and dredge with flour.

For the dressing, sauté onion and green pepper in melted fat until they are lightly browned. Add bread crumbs and seasonings. Stir in grated cheese. Moisten dressing slightly with boiling water, with water in which vegetables have cooked, or with milk. Season to taste. Put a spoonful of dressing on each piece of veal. Wrap meat around dressing. Fasten in place with toothpicks, or with twine. Brown in a small amount of fat in a frying pan, add water to cover the bottom of the pan, and cook slowly on top of the range or in a moderate oven, 350 degrees Fahrenheit, until veal is very tender, from forty-five minutes to an hour. Remove cover during last few minutes of cooking. Remove to a heated platter. Prepare a cream gravy from drippings in pan, and serve it separately. Or the veal rolls may be served plain. Condensed mushroom soup, thinned, may be poured over rolls during the baking.

MENU SUGGESTION. Serve buttered beets and cauliflower with the veal birds, a green salad, and fruit for dessert.

City Chicken

While city chicken is usually made at the market, the meat may be ordered and prepared at home. In which case, buy

equal quantities of veal cutlets and pork steak. One pound of each will serve eight. Have meat cut thin. With a mallet or meat hammer pound meat until flat, pounding in salt and pepper at the same time. Cut in inch squares. Insert a meat skewer into the center of each, alternating a square of veal and one of pork. Shape into drumsticks with the fingers. Roll in flour, or dip into bread crumbs, beaten egg, and again into bread crumbs. Let stand five or ten minutes.

Melt three tablespoons fat in skillet or baking pan. Put in city chicken, brown on all sides, cover, and cook over a low heat or in a moderate oven, 350 degrees Fahrenheit, until tender, from forty minutes to an hour. Remove to a hot platter, make gravy, and serve immediately.

Broiled Lamb on Skewers

1 pound shoulder of lamb
2 tablespoons salad oil
1 tablespoon lemon juice or vinegar
Several slices onion

Cut meat into pieces about two inches square. One pound will serve four. Combine oil and lemon or vinegar, and spices may be added, or a prepared French dressing used. Let meat stand in marinade one hour. Season with salt and pepper. Push the pieces of meat onto skewers, with pieces of onion alternating between them. Broil under moderate heat, until nicely browned, about twenty minutes.

MENU SUGGESTION. Broil sweet potato halves with the lamb. Have a generous bowl of greens to go with it, whole-wheat or rye bread, and broiled grapefruit or peaches for dessert.

Lamb Shoulder Chops and Split Peas

2 cups split peas
1 medium onion
4 or 5 carrots
1½ teaspoons salt
4 shoulder lamb chops

Soak split peas in water to cover overnight, or all day. Simmer in same water until almost tender. Add onion and carrots, cut in strips. Cook five minutes longer. Turn into a greased baking dish, seasoning them with a portion of the salt. Rub chops with remainder of salt. Dredge with flour. Brown on top of the range, then place over vegetables. Bake in a moderate oven, 350 degrees Fahrenheit, until meat and vegetables are tender, about one hour.

MENU SUGGESTION. Serve a cole slaw or mixed green salad with this main dish, add baked apples or pears, and the meal is complete.

Braised Lamb Chops

4 lamb shoulder chops
3 slices bacon (may be omitted)
½ onion
½ cup chopped celery or carrot
¼ cup chopped green pepper
¾ cup water

Brown chops in a small amount of fat. Place one slice of bacon (or it can be omitted), in the bottom of a casserole or baking pan. Arrange chops over bacon. Place a slice of onion on each chop, top it with celery and green pepper. Lay strips of bacon over top. Add water to cover bottom of pan. Cover and bake in a moderate oven, 350 degrees Fahrenheit, until tender, forty minutes to an hour. Remove cover during last few minutes of baking. Remove chops to a heated platter, make gravy from drippings in pan, and serve it separately.

MENU SUGGESTION. Serve baked potatoes with the chops, a light salad, and fruit dessert.

Braised Lamb Neck Chops

1 pound neck chops of lamb
2 tablespoons fat
1 teaspoon grated onion
½ cup tomato

Wipe neck slices with a dampened cloth. Rub with seasonings and dredge with flour. Melt fat in a frying pan or casserole. Add onion and brown lightly. Put in meat and brown on either side. Add tomatoes and boiling water to cover the bottom of the pan. Cover pan and simmer, or bake in a slow

oven, 325 degrees Fahrenheit, until meat is very tender. Thicken sauce in pan. Nice to serve with cooked rice.

Pork Chops Braised in Milk

Wipe off loin end pork chops, allowing one to a serving, rub with salt and pepper, dredge with flour. Brown well on either side in a small amount of melted fat. Dot over each with bits of mustard. Pour milk over chops. Cover pan and bake in a moderate oven, 350 degrees Fahrenheit, until very tender, forty-five minutes to an hour. Remove cover during last fifteen or twenty minutes of cooking, sprinkle with parsley and serve piping hot.

MENU SUGGESTION. Braised chops, baked squash, scalloped celery cabbage, green salad, peach and honey casserole.

Pork Steaks and Sweet Potatoes

In a greased baking dish, arrange first a layer of sliced sweet potatoes which have been parboiled for ten minutes, peeled, and sliced. Over the potatoes, place rings of apples, which have been cored and cut in slices crosswise, but not pared. Drizzle sirup or honey over apples, dot over them with butter or margarine. Add another layer of potatoes, sprinkle them lightly with salt. Cover potatoes with more apple rings, sweetening them slightly.

Allow one pork steak to a serving. Rub them with salt, pepper, dredge with flour. Brown in a small amount of fat, on top of the range. Place over apples and sweet potatoes. Add a small amount of water, pouring it down into the bottom of the dish. Cover and bake in a moderate oven, 350 degrees Fahrenheit, until pork is tender and the potatoes and apples are cooked, about one hour. Remove cover during last fifteen minutes of cooking. Sausage cakes may be used instead of chops.

MENU SUGGESTION. A light salad and hot gingerbread for dessert would complete this meal in excellent style.

And we cannot pass by pork chops without giving one recipe for baked stuffed pork chops.

Baked Stuffed Pork Chops

4 rib chops cut an inch or inch and a-half thick
1 cup bread or cracker crumbs
1 teaspoon chopped parsley
½ teaspoon sage
½ teaspoon salt
2 tablespoons melted butter or margarine
¼ cup water

Have pork chops cut thick, with a pocket made in the center of each. Wipe inside and out with a dampened cloth. Then rub inside and out with salt and pepper.

Combine bread or cracker crumbs, parsley, sage, salt, melted fat, tossing them together lightly. Moisten with hot water, again stirring lightly. Put a spoonful of the dressing in each pocket, but do not press it in.

Melt one tablespoon fat in the frying or baking pan in which chops will be cooked. Brown them on either side in the fat. Cover, and bake in a moderate oven, 350 degrees Fahrenheit, until very tender, from one and one-half to two hours. Remove cover during last half hour of cooking. The chops can be cooked on top of the range, by browning first, adding a small amount of water, cover, and cook slowly.

MENU SUGGESTION. If baked in the oven, plan an oven dinner to accompany them, such as baked turnips, or scalloped tomatoes, fresh relishes and apple crisp for dessert.

MEAT BALLS AND PATTIES

Ground meat in balls and patties can be as varied as we care to make them. All meats, alone or combined, can be used in making them. The general precaution is to use a light touch in the mixing. To work and knead the meat makes the balls as tough as the proverbial shoe leather. Allow one-quarter pound to a serving, unless combining meat with cereal or bread crumbs. Then one pound can be made to serve six to eight.

Meat Balls, Plain

Season ground beef with salt, allowing one teaspoon to the pound. Add a dash of pepper, and flecks of suet or of fat. Shape lightly into cakes. Cook under the broiler, or panfry over a moderate heat, turning as the cakes brown.

DRESSING THEM UP. One-fourth pork or pork sausage and three-fourths beef gives richer flavor. Allow longer for cooking because of the pork.

A bit of grated onion may be added. Also, grated carrots and chopped green pepper.

Balls can be wrapped in strips of bacon.

After browning, pour stewed tomatoes, creole sauce, or milk over balls, cover, and simmer until they are cooked through. Remove cover during last few minutes. For the sauce, to one cup tomato purée, add one tablespoon vinegar, one-fourth teaspoon salt, bit of bay leaf, a few grains dry mustard.

Swedish Meat Balls

1 pound ground beef
1 pound ground pork
1 cup bread crumbs
2 to 2¼ cups milk
1 egg
1 teaspoon salt
¼ teaspoon pepper
1 small onion
2 tablespoons fat

Have meats ground together, and forced through food chopper several times. Soak crumbs in one-half the milk. Add meat and knead well (an exception to the rule). Add egg, salt, pepper, and, gradually, the remainder of the milk. Sauté onion in fat, but do not brown. Add to meat mixture. Shape into meat balls with two tablespoons dipped into cold water. Panfry in small amount of fat, shaking pan and turning balls to brown and cook evenly. Remove to a heated platter. Brown two tablespoons flour in fat in pan, add milk to thin gravy consistency, stirring it in. Return balls to gravy to reheat.

MENU SUGGESTION. Serve mashed or browned potatoes with the balls, stewed tomatoes or a green vegetable in season, a simple fruit salad, with cheese and wafers for dessert.

Beef and Vegetable Balls

1 pound ground lean beef
4 carrots, grated
⅓ cup finely chopped celery (may be omitted)
1 teaspoon minced onion
¼ cup dry bread crumbs
1 or 2 eggs, egg white or yolks
1½ teaspoon salt
1 cup milk

Combine ingredients in order named, except milk. Tomato juice or tomato soup may be used in place of the milk. Shape mixture into balls. Brown on either side in a small amount of fat. Pour on milk, cover, and cook over a low heat or in a moderate oven, 350 degrees Fahrenheit, thirty to forty minutes. This amount will make eight or ten balls.

MENU SUGGESTION. Serve potatoes or another vegetable with the balls, a light salad and fruit dessert.

Porcupine Beef Balls

1 pound hamburg
½ cup washed, uncooked rice
1 teaspoon salt
2 tablespoons chopped green pepper
2 tablespoons chopped onion
½ cup chopped celery
2 tablespoons fat
2 cups tomato purée

Combine meat and rice, which has been washed and well drained, and salt. Shape into balls, pressing together firmly. Place balls as they are made in a greased baking dish.

Sauté pepper, onion, celery, in fat; add tomato purée; cook a few minutes. Pour over meat balls. Cover, and bake in a moderate oven, 350 degrees Fahrenheit, about one and one-half hours. Remove cover during the last portion of the baking period.

MENU SUGGESTION. Serve with a light salad of mixed greens, whole-wheat bread or corn sticks, fruit tart, and the meal is complete.

Stuffed Hamburgers

1 pound ground beef
1 teaspoon salt
Few grains pepper
½ cup dry bread crumbs
½ cup milk

THE DRESSING

2 tablespoons chopped onion
2 tablespoons butter, margarine, or meat drippings
¾ cup dry bread crumbs
½ teaspoon salt
Dash pepper
1 teaspoon poultry seasoning
Water or milk to moisten

To prepare the hamburgers, add salt, pepper, and bread-crumbs to beef in a mixing bowl. Mix well, but lightly. Add milk to moisten. Shape into flat cakes.

Sauté onion in fat for dressing, stir in bread crumbs and seasoning. Moisten with milk or water. Place a small spoonful of dressing on a meat patty, cover with a second patty, pressing the edges down securely. Brown on either side in fat in a frying pan. Add vegetable water, a can of condensed vegetable soup, or one cup leftover soup, or milk to cover the bottom of the pan. Cover, and simmer forty-five minutes. Remove to a heated platter. Make cream gravy from drippings in pan, if desired.

MENU SUGGESTION. Stuffed hamburg patties, glazed carrots, buttered green onions; leaf lettuce, sliced orange and strawberry salad; cheese, wafers, coffee.

Cabbage Rolls

8 cabbage leaves
2 tablespoons bacon fat
1 onion, chopped
2 cups tomato pureé
½ cup chopped celery
½ green pepper, chopped
1 tablespoon lemon juice or vinegar
1 teaspoon salt
1 pound ground beef
1 teaspoon salt
¼ teaspoon pepper
1 egg
⅓ cup uncooked rice

Select large, perfect cabbage leaves. Cover with boiling water and let stand ten minutes to soften. Melt bacon fat in a frying pan or saucepan. Put in onion and cook until a light brown. Add tomato purée, celery, green pepper, lemon juice or vinegar, and salt, and simmer ten minutes. Combine ground beef with salt, pepper, egg, and rice; blend well.

Put several spoonfuls of the meat mixture on each cabbage leaf. Wrap it around the meat loosely (allowing space for meat and rice to swell). Fasten in place with toothpicks. Place in a greased baking dish. Pour tomato sauce over it, cover, and bake in a moderate oven, 350 degrees Fahrenheit, about two hours, or cook over a low heat on top of the range. More seasonings, as Worcestershire sauce, and mushrooms, may be added to tomato sauce, if desired.

Veal Patties

Have one-half or three-quarters of a pound of veal neck or shoulder ground with a small amount of fresh or salt pork. To the pound of meat, add one teaspoon salt, if fresh pork is used; one-third teaspoon, if salt pork. Shape into balls. Wrap each ball in a piece of bacon. Fasten bacon in place with toothpicks. Brown on each side in a small amount of fat. Cover and cook slowly until cooked through, about thirty minutes. Then remove cover and continue cooking until bacon is crisp, about ten minutes longer.

Lamb Patties with Jelly

Buy one pound of lamb neck or shoulder for four. Ask butcher to put it through the food chopper twice. Mix in one-half cup soft bread crumbs, one teaspoon minced onion, if you like that flavor, one teaspoon salt, a few drops of pepper sauce. Blend ingredients lightly. An egg may also be added. Shape into patties. Brown on either side in a small amount of fat in a skillet. Spread each pattie with a spoonful of currant,

cranberry, or apple jelly. Cover, and cook over a low heat fifteen or twenty minutes, until cooked through.

MENU SUGGESTION. These balls are especially nice in summertime. Serve creamed potatoes and peas with them, a light summer salad, and a gelatin ring filled with fresh fruit for dessert.

SAUSAGE

Sausage being the favorite form of ground pork, we treat it next. Like all pork, it must be well cooked.

Sausage and Fried Apples

The sausage and apples are cooked separately. Panfry sausage over a moderate heat, turning it frequently, and draining off excess fat as it accumulates in pan.

In another pan melt two tablespoons butter or margarine. Put in four apples which have been cored and sliced, but not pared. Sprinkle with three tablespoons sugar, cover, and cook slowly about twenty minutes, or until apples are transparent. Serve them on a heated plate with sausage.

MENU SUGGESTION. Serve as a Sunday morning breakfast dish, for supper, or for dinner. If for supper or dinner, hashed browned potatoes will go mighty well with it, hot biscuits are a "natural," and in addition perhaps a light green salad, and a simple dessert, as gingerbread or spice cake.

Sausage, Cabbage, and Apples

¾ pound sausage
4 tart apples, pared and diced
3 cups shredded cabbage
2 tablespoons brown sugar
½ teaspoon salt
1 tablespoon vinegar

Shape sausage into cakes. Panfry until well browned on both sides and half cooked through. In a greased baking dish put first a layer of shredded cabbage, sprinkle it lightly with salt. Cover with a layer of sliced apples. Sprinkle apples lightly with brown sugar. Add another layer of cabbage, and remaining apples. Add vinegar. Place sausage over apples. Cover, and bake in a moderate oven, 350 degrees Fahrenheit, until cabbage and apples are tender, about thirty minutes. Remove cover during last ten minutes.

MENU SUGGESTION. Serve baked squash with the main dish, carrot and celery sticks, and a baked rice pudding for dessert.

Lima Beans and Sausage

1 cup dried lima beans
1 teaspoon salt
2 tablespoons brown sugar
2 cups tomato purée
½ pound sausage
1 green pepper, chopped

Soak beans overnight in water to cover. The next day simmer in the same water until tender. In a greased bean pot or baking dish put first a layer of beans, sprinkle them with salt and with brown sugar. Moisten with a part of the tomato purée.

Panfry sausage until lightly browned. Place bits of it, and of green pepper, over the first layer of beans and tomato purée. Top with remaining beans, sausage, pepper, and cover with tomato purée. Cover, and bake in a slow oven, 350 degrees Fahrenheit, three or four hours until beans are very tender. Remove cover during the last part of the baking. Serve cole slaw and baked apples or pears with this main dish.

Sausage in Casserole Dishes

1. Top dish of baked macaroni and cheese with panfried sausage. Or, if you prefer, partly cook sausage and place over macaroni before putting it into the oven.

2. Scalloped potatoes and carrots with sausage make a one dish meal that requires only a salad and simple dessert to complete it.

3. Sausage cakes placed around the platter of baked beans lend flavor and substantialness.

4. Creamed brussels sprouts, or cauliflower, or any creamed dish, sprinkled with cheese and surrounded by panfried sau-

sage, will tempt the eye and palate for luncheon, dinner, or supper.

Simplified Scrapple

2 cups ground pork
1 quart meat broth
1 teaspoon salt
½ teaspoon sage
1 cup cornmeal

Use leftover pork, or cook it fresh. If using fresh, allow one pound. Cover with water, simmer until tender. Remove from broth, grind. Add meat and seasonings to broth. Heat to boiling. Stir in corn meal slowly, and cook slowly one hour, stirring to prevent sticking. Turn into a pan to cool. Cut in slices and panfry.

STEWS

Stews go by many names and hail from many countries. There is the Hungarian Goulash, the French Ragout, the English beef stew, and the American variety, including the meat pie. For a meat pie is simply a stew with a "lid."

There is an art in making the savory stew, and a joy in eating it. Make it in the approved manner, season it to perfection, and serve to family and guests alike.

Many Cuts for Stews

In beef, the flank, chuck, shank, neck, heel of round, and brisket can one and all be used in making stew.

In veal, select cuts from neck, shoulder, shank, or breast.

In lamb, the same cuts as for veal—neck, shoulder, shank, and breast.

Savory Stew with Vegetables

2 pounds stew meat (beef, veal, or lamb)
2 onions, chopped
2 cups tomatoes, fresh or canned
½ cup boiling water
2 bay leaves
4 stalks celery
1 green pepper, diced
3 carrots, sliced
4 potatoes, quartered
½ teaspoon salt

Use a heavy pan for cooking the stew. It should have a tight fitting lid. Have meat cut in inch or two-inch cubes. Sprinkle with salt and pepper and dredge with flour. Brown in a small amount of hot fat, with chopped onions. Combine tomatoes and boiling water, or tomatoes can be omitted and all water used, in which case two cupfuls should be sufficient. Heat tomatoes and water. Pour over meat and onions. Add bay leaves, if they are to be used. Cover, and simmer one hour and a-half. Add vegetables and continue cooking until meat and vegetables are tender, thirty to forty minutes longer. Remove cover during the last portion of the cooking period. Thicken liquid in pan by blending two tablespoons flour in a small bowl, with a portion of the hot liquid skimmed out for that purpose. Return to stew. Cook, stirring constantly, until thickened and smooth. Season well. Serves eight.

Variations that Lend Interest

1. Use different meats, veal or lamb. Combine the meats, too, using part veal and part ham, for example.
2. Change the vegetables. Use turnips, green peas, or beans, with or without potatoes.
3. Vary the flavor, adding a few dill seeds, a bit of marjoram, and a clove of garlic, for example, or omit the latter.
4. If onion flavor is not liked, it need not be used.

MEAT PIES

Use the standard recipe for stew, or vary it to suit family tastes. When meat and vegetables are almost tender, turn into a greased dish, and proceed to make the pie.

1. Cover top with rich pastry, cutting slits in it to allow steam to escape. Bake in a hot oven, 450 degrees Fahrenheit, until crust is nicely browned and baked, about fifteen minutes, *or*
2. Line pan with pastry, have stew mixture hot, turn into pan over pastry, cover with a top crust, and proceed to bake, *or*

3. Turn stew mixture into a greased baking dish, put into hot oven, 425 degrees Fahrenheit. When bubbling hot, arrange biscuits, baking powder or soda, over the top. Return to oven to bake, twelve to fifteen minutes.

4. A cube of cheese may be inserted in each biscuit for additional flavor and goodness.

5. Potatoes may be omitted from the stew and mashed potatoes used to top the pie, baking it in oven just long enough to heat and brown the potatoes.

6. Either white or sweet potatoes may be used for the topping.

7. Grated cheese may be added to the white potatoes.

Veal Potpie with Dumplings

2 pounds neck or shoulder of veal
¼ pound salt pork
2 or 3 medium sized onions
½ cup diced celery
3 or 4 carrots
3 or 4 potatoes
2 tablespoons flour
1 cup peas (may be omitted)
Salt, pepper
Dumpling mixture

Cut veal and salt pork into cubes. Sprinkle with salt, dredge with flour. Brown in a small amount of fat. Cover with boiling water and let simmer one hour. Add onions, celery, and carrots. Season with salt and pepper and continue cooking at simmering temperature, twenty minutes. Then add peas. Thicken liquor in pan by blending some of it with flour and stirring it into the pan. If necessary, add more liquid, milk or water.

Have it boiling. Drop dumplings over the top. Cover, and cook at gently boiling temperature fifteen minutes, without removing cover.

Dumplings

1 cup flour
1½ teaspoons baking powder
½ teaspoon salt
2 tablespoons fat
Approximately ½ cup milk

Sift flour, measure, and sift into mixing bowl with baking powder and salt. Work in fat with a pastry blender or tips of the fingers. Add milk to make a soft dough that can be dropped from the end of a spoon. Have stew boiling, drop in dumplings, cover tightly, and boil gently fifteen minutes without lifting cover. Serve promptly.

MENU SUGGESTION. With the stew or potpie, only a salad and simple dessert are needed. If a dessert is being baked, a hot bread, as whole-wheat muffins, corn bread, or the like, will be enjoyed.

Beef Steak and Kidney Pie

1 pound round or chuck steak
1 beef kidney
2 tablespoons fat
Salt and pepper
Rich biscuit or pastry dough

Wipe off steak with a dampened cloth. Cut into strips. Wash kidney, remove outer membrane and heavy veins, soak in cold salted water thirty minutes, cut into inch cubes. Sprinkle meat with salt and pepper, dredge with flour. Brown on all sides in hot fat. Almost cover with boiling water and simmer until tender, about two hours. Thicken liquid with two tablespoons flour mixed to a paste with one-half cup milk. Cook, stirring constantly, until gravy is thickened and smooth. Season well.

Line a baking dish with pastry or biscuit dough. Turn into it hot meat and gravy. Cover with additional crust, cutting slits in the top to permit steam to escape. Bake in a hot oven, 425 degrees Fahrenheit, thirty to thirty-five minutes, until crust is nicely baked and browned. This amount will serve four or five.

MENU SUGGESTION. Serve baked or browned potatoes with the pie, a green vegetable, or buttered beets, light green salad, and a fruit dessert, as plum compote or broiled grapefruit.

Stuffed Lamb Shanks

6 lamb shanks
2 tablespoons lard or similar fat
2 cups boiling water
1 teaspoon salt
¼ teaspoon pepper
1 cup rice
2 tablespoons chopped green pepper

Wipe shanks with a dampened cloth. Brown on all sides in hot fat. Add boiling water, salt, pepper, a stalk of celery or a few leaves of it, and a slice of onion, too, if desired. Cover and simmer until lamb is tender, about one hour. Remove meat from broth and place to cool. When cool enough to handle, slip out bones.

Cook rice in boiling lamb broth, adding more water, if needed. Cook until tender, as evidenced by mashing a kernel between the fingers. Season well, add green pepper to the rice. Stuff boned shanks with rice. Place in a baking dish or casserole. Prepare a gravy, by thickening the remainder of the lamb broth and seasoning it well. Pour over lamb shanks. Heat through in a moderately hot oven, 375 degrees Fahrenheit. A few slices of dill or bread and butter pickles placed over the lamb shanks when heating lend additional flavor.

Braised Ox Joints

1 oxtail
Flour
2 tablespoons fat
1 cup water
1 cup canned tomatoes
1 teaspoon salt
Few celery leaves
1 bay leaf
4 or 5 small carrots
2 onions, chopped
½ clove garlic
½ cup diced turnips

Cut oxtail in short lengths, or have butcher cut it. Dredge pieces in flour. Brown slowly in fat. Add water, tomatoes, and seasonings and simmer about two hours, or until tender. Brown carrots and onions in a small amount of additional fat. Add to meat and cook until they are tender, about thirty minutes longer. Thicken gravy, and serve piping hot.

Corned Beef

Use either hot or cold water for cooking corned beef. Put the beef into a kettle, cover with water, and simmer until tender, allowing forty-five minutes to the pound.

With Cabbage. Put wedges of cabbage around the meat fifteen minutes before it is to be served. Continue cooking until cabbage is tender.

With Vegetables. Potatoes, carrots, turnips, parsnips, as well as cabbage, may be placed around the meat, allowing a longer time for cooking them. This makes a New England Boiled Dinner.

To Glaze and Bake. Place corned beef in an open baking pan, after boiling. Brush over with prepared mustard, coat with brown sugar or drizzle sirup over it. Bake in a hot oven a few minutes to glaze.

MEAT SPECIALTIES

Under the term Meat Specialties we include such edible parts as tongue, heart, liver, brains, sweetbreads, kidney.

The tongue and heart are muscular pieces, therefore require long, slow cooking. Tongue may be purchased fresh, smoked, corned, and pickled. The beef and veal tongues are generally preferred because of their size. Lamb and pork tongues are usually sold in ready-to-serve form. Tongue is boneless, has little waste and much flavor. When smoked, it needs to be washed well in cold water, then soaked several hours, or overnight. Fresh tongue should not be soaked.

Spiced Tongue

1 beef tongue
1 carrot, diced
1 onion
1 stalk celery or celery leaves
1 tablespoon whole cloves or mixed herbs
1 teaspoon salt

Wash tongue in cold water. Put into kettle, cover with boiling water, add vegetables and seasonings. Cover and simmer until tender, from two to three hours.

Remove from heat and let cool in liquor, or remove at once. Skin, cut off roots at the base. Serve cold, or put into a baking dish, baste with liquor in which tongue cooked, and heat in a moderately hot oven, 375 degrees Fahrenheit.

Dressing up the Tongue

Prepare a sweet-sour sauce by combining one-fourth cup vinegar with one cup tongue liquor and one-fourth cup sugar or honey; two-thirds cup raisins, one lemon sliced thin, and chopped mint leaves or whole cloves. Heat, boil five minutes. Pour over tongue during heating and baking.

Or dilute cranberry jelly or sauce with tongue liquor, pour over it during baking. Mint and grape jelly may be used in the same way.

Or prepare a vegetable sauce by sautéing one tablespoon chopped celery, one tablespoon chopped carrot, one tablespoon chopped onion, one tablespoon chopped green pepper in two tablespoons fat. Blend in two tablespoons flour. Add one-half cup tongue liquor gradually, and one cup tomato juice or stewed tomatoes. Cook, stirring until thickened and smooth. Season well. Pour over tongue during baking. One-half cup chopped mushrooms may be sautéed with the other vegetables.

Or serve with mustard sauce.

HEART

Heart is a solid piece of meat, with little waste. A beef heart is large enough to serve four to six. The veal heart is smaller and more tender. It will serve two or three. The pork heart serves one or two, and the lamb heart is large enough for only one. They are all cooked by the same methods, except that a longer time must be allowed for cooking the beef heart.

Baked Stuffed Beef Heart

1 beef heart
2 tablespoons fat
1 onion, chopped
3 cups bread crumbs
1 tablespoon chopped parsley (may be omitted)
½ to 1 teaspoon salt
½ cup water

Wash heart and cut out gristle and veins. Sauté onion in melted fat for five minutes. Stir in bread crumbs, parsley, and salt. Moisten with water. Sprinkle outside of heart and cavities with salt. Fill with stuffing, putting it in lightly. Sew opening closed.

Brown the heart in hot fat. Place in a baking dish, add one cup hot water. Cover dish, and bake in a moderate oven until heart is tender, about two hours. Thicken gravy, and add milk to proper consistency.

Instead of baking, the heart can be cooked on top of the range over a low heat, as a pot roast, in a tightly covered pan.

Rice dressing can be used in place of bread. For it, sauté onion and one green pepper, chopped in a small amount of fat. Add two cups cooked rice. Season well. Stuff heart with mixture, and proceed in the same manner.

MENU SUGGESTION. Serve broccoli with the stuffed heart; a chicory, carrot and radish salad; and apple butter pudding with soft custard sauce for dessert.

Braised Heart Slices

2 or 3 calf's hearts
¼ cup flour
¾ teaspoon salt
Dash pepper
3 slices bacon
2 onions, sliced

Clean and wash veal hearts. Heart of beef, pork, or lamb may be used instead. Mix flour, salt, and pepper. A little curry powder may be added, too, if there is some of that on hand. Dredge heart slices in flour.

Cut bacon in small pieces. Panfry over direct heat. Add onions and cook until they are delicately browned. Remove

from pan, or push to one side. Put in heart slices, brown on either side. Add water to cover the bottom of the pan. Cook over a low heat or in a moderate oven, 350 degrees Fahrenheit, until heart is tender. Remove to a hot platter. Make gravy, if desired, and serve it separately.

MENU SUGGESTION. Serve heart slices around a mound of rice, with a green vegetable or salad, and fruit dessert.

LIVER

From the nutritional point of view, liver is perhaps the number one meat. It has protein in a particularly digestible form and is a real blood regenerator, containing the important minerals, iron, and a trace of copper, in the form most easily used by the body. It is rich in vitamins A and riboflavin, is a good source of thiamin and vitamin C, and even contains some vitamin D.

Beef, calf, pork, and lamb liver have comparable food value, and all are tender. The flavors vary slightly, that of calf and lamb being mild. Pork liver has a little coarser texture and a slightly stronger flavor, which is also true of beef liver.

Preparation

Do not wash liver. Remove the skin and veins. If it is to be panfried, dredge with flour; if broiled, dip first into melted butter or margarine. If liver is to be chopped or ground, it should be simmered five or ten minutes in hot water to set the juices so that none will be lost in grinding. To neutralize the higher flavor of beef or pork liver, the liver may be dipped into hot water, or cooked with a little lemon juice or vinegar in the water or sauce. Avoid overcooking, as that makes the liver tough and dry.

Liver and Bacon

1 pound calf's, beef, lamb, or pork liver, sliced thin
½ pound bacon

Remove skin and veins from liver. Dredge with flour, to which salt has been added. Place bacon in cold frying pan, let fry slowly until evenly cooked and crisp. Remove to a hot platter. Put liver in hot bacon fat and panfry until lightly browned, five to six minutes. Serve with the bacon. Serves four.

Braised Liver

Buy a chunky piece of liver—pork or beef. Dredge liver with seasoned flour. Brown in bacon fat. Place vegetables, including sliced carrots, sliced onions, diced celery, in the pan, or arrange all in a casserole. Add a small amount of liquid—water, tomatoes, or meat stock. Cover, and simmer until liver is tender, about one hour, or bake in a moderate oven, 350 degrees Fahrenheit. Remove cover during last part of cooking period.

Liver à la Creole

1 pound beef liver
1 slice bacon
2 onions, sliced
½ green pepper, chopped (may be omitted)
1 cup stewed tomatoes
½ teaspoon salt
Dash cayenne

Remove skin and veins from liver. Cut in slices. Dredge with flour. Panfry bacon which has been cut in squares. Put in liver, onion, and pepper, and brown over a moderate heat. Add tomatoes and seasonings. Cover, and simmer until liver is tender, forty to forty-five minutes.

MENU SUGGESTION. Serve liver, prepared as above, over rice or cooked spaghetti. Accompany it by crisp green and vegetable salad, a particularly tempting fruit concoction for dessert, and the meal is complete.

Liver en Casserole

3 medium sized carrots
2 medium sized potatoes
1 pound liver
1 medium onion
2 tablespoons fat
3 tablespoons flour
2 cups milk
1 cup cooked green peas or corn (may be omitted)
1 teaspoon salt

Scrub carrots, cut in strips. Pare potatoes thin, cut in slices. Parboil ten minutes. Cut liver in cubes, dredge with flour, to which salt has been added. Melt fat in frying pan, put in onion, sliced, and cook until delicately browned. Put in liver and brown it. Remove from fat. Make a gravy by blending flour into fat and stirring in milk gradually. In a greased baking dish or casserole, put first a layer of vegetables, then one of liver. Moisten with gravy. Continue alternating layers until all material has been used. Bake in a moderate oven, 350 degrees Fahrenheit, until liver and vegetables are tender, about thirty minutes.

Evaporated milk and water in which vegetables are parboiled may be used for the liquid in the cream sauce.

MENU SUGGESTION. This is a one dish meal. Serve a light salad with it and a simple dessert, as peppermint ambrosia.

Liver Loaf

1½ pounds beef or pork liver
¼ pound pork sausage, ground pork, or ham
1 teaspoon grated onion
Juice ½ lemon
2 tablespoons catsup
1 teaspoon salt
1 egg
1 cup bread or cracker crumbs
Milk to moisten
Bacon fat

Pour boiling water over liver and simmer five minutes. Drain, force through a food chopper. Add remaining ingredients. Shape into a loaf and place in a greased baking dish. Dot over the top with fat. Bake in a moderate oven, 350 degrees Fahrenheit, one and one-half hours. Serve plain or with mustard sauce.

Liver Patties

1 pound liver
1 cup bread or cracker crumbs
3 tablespoons grated onion
1 teaspoon salt
1 egg
Bacon slices

Simmer liver in hot water five minutes. Force through the food chopper, add crumbs, seasonings, and enough liquid in which liver cooked to hold ingredients together. Shape into patties. Wrap each in a strip of bacon, fastening in place with toothpicks. Panfry until cooked through, about ten minutes.

BRAINS

In buying brains, select those that are whole, thoroughly cleansed, of a natural creamy to pinkish white color. If there is a greenish cast to the white, do not buy them. Allow one small pair to a serving.

Wash them thoroughly in cold water, and let stand in it a few minutes. Remove the membrane.

Breaded Calf's Brains

1½ pounds calf's brains
2 tablespoons vinegar or lemon juice
2 quarts water
1½ tablespoons fat
Bread crumbs

Thoroughly wash and clean calf's brains without breaking. Plunge into boiling water to which lemon juice or vinegar has been added. Simmer twenty minutes. Drain, cool, dry carefully. Season well with salt and pepper. Roll in fine bread crumbs and panfry in fat until nicely browned.

Calf's Brains and Eggs

½ pound calf's brain
1 tablespoon fat
1 teaspoon grated onion
3 eggs
2 tablespoons milk or cream
2 tablespoons minced parsley
Toast

Soak brain in cold salted water. Skin and remove all fiber. Cut or chop into small pieces. Melt fat in pan, put in onion and brains, and cook over a moderate heat until brains are cooked, ten to twelve minutes. Add eggs, beaten with milk and parsley. Cook over low heat, stirring until eggs are set. Season well. Serve on toast, garnished with additional sprigs of parsley. Serves four.

KIDNEYS

Kidneys should be thoroughly washed, the outer membrane removed, then split through the center, the fat and heavy veins removed. Marinating in well seasoned French dressing improves their flavor.

Kidney Stew

2 beef, 6 veal, or 9 lamb kidneys
4 tablespoons fat
1½ tablespoons onion
3 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
2 cups water or stock

Have kidneys split. Remove membrane and tubes. Slice kidneys and soak in salted water to cover for thirty minutes. Drain. Melt fat, add onion and kidneys, and cook over a moderate heat two minutes. Stir in flour, salt and pepper, and add water or stock gradually, stirring constantly until mixture thickens. Cover, and simmer slowly, ten to fifteen minutes, until kidneys are tender. Add more salt, if necessary. Serve on toast.

Tomato Rice and Kidneys

2 tablespoons chopped onion
2 tablespoons chopped green pepper
2 tablespoons fat
2 beef kidneys
2 cups tomato juice, or tomatoes
1 cup chopped celery (may be omitted)
½ cup uncooked rice
Salt and pepper

Sauté onion and green pepper in fat, five minutes. Add kidney, cut in half-inch slices, and cook five to ten minutes. Add tomato juice, celery, rice, and seasonings. Cook slowly for thirty minutes, or until rice is tender. This amount serves six.

MENU SUGGESTION. Serve a crispy green salad with this main dish, and a fruit compote for dessert.

POULTRY

Just when and which poultry is a bargain in market depends entirely upon the market and the times. Predictions have it that there will be more frying and broiling chickens than roasters or fowls for stewing, since the latter will be saved for egg production.

In buying, it is well to select a short, plump bird rather than one that is long and rangy. The skin should be smooth, unbroken, moist, and of fine texture. One pound per person, New York dressed, or three-fourths pound, table dressed, is the usual allowance.

Cooking Rules

Moderate heat is considered best for the cooking of all poultry.

The method should be varied with the age and fatness of the bird. For young, tender, well-fatted birds broiling, frying, and open-pan roasting are best. For young birds that are very lean, and for full-grown birds past their prime for roasting but not yet in the stewing class, braising in a covered roaster gives better results. The very old birds need long, slow cooking in water or steam to make them tender.

FRESH AND QUICK FROZEN. The same methods apply to all fresh poultry. Quick frozen is better if defrosted before cooking. This may be done by letting it stand on a shelf in the refrigerator twenty-four hours, or at room temperature four to six hours. The processes for cooking are the same.

SMOKED TURKEY *and other poultry.* The meat of turkeys and other birds cured and smoked by home methods have the same characteristics as ham, and can be treated in the same manner. They may be boiled, baked, or sliced and panfried. If baking the smoked bird, wash it well first, then roast in an open pan in a slow oven, 250 to 275 degrees Fahrenheit, allowing about four and a half hours for the nine or ten pound bird. Or it may be boiled, in which case four to five hours should be allowed.

Broiled Chicken

Select plump young chickens, not over two and one-half pounds, dressed weight. The smaller sized are split down the back only and broiled whole. The larger birds are split in quarters, down the back and across the breast bone.

Clean chicken, wipe as dry as possible. Coat lightly with melted fat, sprinkle with salt, and dredge with flour, if desired.

Place on preheated broiler, skin side down. Cook under moderate heat, turning it to brown and cook evenly.

Allow thirty to forty-five minutes for thorough cooking.

Or, the chicken may be cooked in a moderately hot oven, 375 degrees Fahrenheit, until tender and nicely browned, forty-five to sixty minutes, basting frequently with melted fat. Pan should be covered.

To Fry

Chicken should be cut into serving pieces, each piece rubbed with salt, then dredged in flour, corn meal, or egged and crumbed.

Fat to a depth of one-half to three-quarters of an inch is needed in pan. Chicken is put in when fat is hot. It is browned over moderate heat. The heat is then reduced, the pan covered, and cooking continued until chicken is tender, thirty-five to sixty minutes, depending on the size. The pan

should be uncovered during the last fifteen minutes of cooking. Remove to heated platter, make cream gravy, and serve in usual manner.

To make the cream gravy, blend one-fourth cup flour into the fat in the pan. Add two cups milk slowly, stirring it in as added. Season well. Cook, stiring until thickened and smooth.

To Roast

Rub cavity with salt, one-eighth teaspoon per pound of bird. Stuff with dressing, if desired, putting it into the neck and body cavities lightly, allowing space for swelling. Brush bird with melted fat. Place on a rack in a shallow pan, on the side, or breast down. Cover with a cloth dipped in melted fat. Roast in a slow oven, 325 to 350 degrees Fahrenheit, until tender, turning bird to other side when half done. Baste over cloth occasionally with fat.

TIMETABLE FOR ROASTING POULTRY

	Weight of Stuffed Bird	Average Total Time	Average Time Per Pound
Chickens	3½ to 4 pounds	2 to 2¾ hours	40–45 minutes per pound
	4 to 5 pounds	2½ to 3 hours	30–35 minutes per pound
	Over 5 pounds	3 to 3½ hours	30–35 minutes per pound
Turkeys	6 to 10 pounds	3 to 3½ hours	20–25 minutes per pound
	10 to 16 pounds	3½ to 4½ hours	18–20 minutes per pound
	16 to 25 pounds	4½ to 6 hours	16–18 minutes per pound
Ducks	5 to 6 pounds	1¾ to 2 hours	20–25 minutes per pound
Geese	10 to 12 pounds	3½ to 4 hours	20–25 minutes per pound
Capons	5 to 6 pounds	3 to 3½ hours	30–35 minutes per pound

NOTE: Goose and duck are better roasted on a rack in an open roasting pan. Otherwise the treatment is the same.

Standard Dressing

For a ten or twelve pound turkey make full amount.
For a five pound bird use one-third amount.

Prepare three quarts dry bread cubes. Add two tablespoons salt, sage (if liked), and poultry seasoning to taste, two tablespoons chopped parsley.

Sauté two or more tablespoons chopped onion and two tablespoons chopped celery (more may be used) in one-fourth cup melted butter, margarine, or chicken fat. Stir into bread, adding more melted fat if it is available. Moisten with broth from cooked giblets, or with water, adding enough to make particles hold together but not enough to make the dressing soggy. Stuff lightly into body and neck cavity.

Bread. Toasted white bread cubes may be used alone, or several kinds of breads, as whole wheat, rye, white, pieces of corn bread and biscuits.

For Oyster Dressing. Use one quart of oysters with their liquor in place of one pint of the bread crumbs and the celery. Pick over oysters, strain liquor, use it in dressing also.

Giblet Dressing. Finely chop giblets, add to dressing.

Apple Dressing. (Especially nice for duck) To 3 cups toasted bread cubes, add one teaspoon each grated lemon and orange rind, 3 cups cubed apples, 3 tablespoons chopped onion, ½ teaspoon dried mint leaves, 1 teaspoon salt.

Apricot Dressing. See under roast shoulder of lamb. Particularly nice for roast goose or duck.

To Stew a Chicken

Disjoint fowl, or leave whole. Barely cover with water, adding one and one-half teaspoons salt. Simmer until meat is tender, two to four hours, depending on age and size. Serve with dumplings, noodles, or rice cooked in the broth. One small carrot, an onion, and mixed spices or herbs may be cooked with it for additional flavor.

To Cook the Giblets

In frying chicken, the gizzard and heart may be cooked right along with the other pieces. The liver is better if added during the last ten minutes of cooking.

In roasting the bird, the same procedure may be followed, allowing slightly longer time for the liver.

For giblet gravy and for the turkey and capon, however, the gizzard and heart are put into a pan after cleaning. Usually the neck and the wing tips are added, with some celery leaves and a slice or two of onion. They are cooked slowly until almost tender, when the liver is added and cooking continued.

For the gravy they are diced, the broth is strained, used to moisten the dressing and/or in the preparation of the gravy. (See first of meat chapter.)

Fricasseed Fowl with Dumplings

Disjoint fowl into serving pieces. Put into a kettle, add lightly salted water to cover. Partly cover kettle and cook the fowl at simmering temperature until tender. Remove to a heated dish and place to keep warm.

There should be three to four cups broth. Skim off fat. For each cup of broth, blend one and one-half tablespoons flour into two tablespoons of the fat. Stir in one-fourth to one-half cup of the hot broth. In turn, stir that back into the broth in the kettle. Cook, stirring constantly, until thickened and smooth. When bubbling hot, drop in dumplings, cover tightly, and cook fifteen minutes. Pour over chicken in dish and serve at once.

Dumplings

Sift three-fourths cup flour with two teaspoons baking powder and half teaspoon salt. Beat one egg, add one-third cup milk. Stir in dry ingredients. Drop onto bubbling broth and cook as directed.

Chicken Potpie

Cook chicken as in preceding recipe, or use leftovers. During last thirty minutes of cooking, add twelve small white

onions and continue cooking, uncovered, until chicken is tender. Remove it with onions from broth. When chicken is cool enough to handle, remove meat from bones. Prepare a paste made by blending four tablespoons flour into four tablespoons fat. Add one cup milk gradually, stirring it in, and two cups chicken broth. If potatoes are to be used, parboil them five minutes. Add to broth with chicken and onions. Heat together, stirring the while to make a smooth gravy. Other vegetables, too, as green peas, green beans or carrots, may be added. They should also be parboiled.

Arrange biscuits over the top and bake in a hot oven, 425 degrees Fahrenheit, until biscuits are baked, about fifteen minutes.

If preferred, the pan may be lined with rich biscuit dough, the chicken mixture turned in, covered with a top crust which has been slit to allow the escape of steam, and then baked in a hot oven, 450 degrees Fahrenheit. Menu suggestion: Serve crisp green and vegetable salad with the pot pie, and February Fruit Pudding for dessert.

Casserole of Fowl with Vegetables

Cut fowl into serving pieces, season with salt, pepper, dredge with flour. Brown in fat in a frying pan. Remove browned pieces to a greased casserole. Put one cup diced celery, one cup shredded carrots, one onion, sliced, or one-half cup small onions, into the fat in the frying pan. Let them cook a few minutes, then put them also into the caserole. Add one cup water, cover, and bake in a slow oven, 300 degrees Fahrenheit, until fowl is tender. Just before serving, remove pieces of fowl, skim off excess fat from the mixture of broth and vegetables. Have a paste made by blending two tablespoons flour with one cup milk. Stir liquid in casserole into this, cook, stirring constantly, until thickened and smooth. Season well, and serve separately, or pour over chicken and vegetables.

Chicken and Spaghetti Supper Casserole

4 or 5 pound chicken
1 veal knuckle
½ cup chopped onion
¼ cup chopped green pepper
2 tablespoons fat
4 cups spaghetti or noodles
1½ cups olives (may be omitted)
3 cups grated cheese

Cut fowl into serving pieces. Brown in hot fat. Put into a large kettle with veal knuckle. Cover with boiling water and simmer until tender, two or three hours. Remove meat from broth, take out bones, and cut meat into sizable pieces. Brown onion and green pepper in fat. Add to broth with spaghetti or noodles. Cook until tender. Add meat, olives (if used), and two cups cheese. Cook, stirring constantly, until heated and cheese is melted. Season well. Turn onto a heated platter. Sprinkle remaining cheese over the top. Serve immediately. Serves ten.

MENU SUGGESTION. Have a generous bowl of mixed greens and vegetables with this main dish, fruit and cookies for dessert, and the meal is complete.

THE SEA FOODS

What about fish, we are asking. The answer depends upon the locality and its particular markets. For economy and for menu interest, then, we should become acquainted with and make use of the different species offered, including the canned, quick frozen, salted, and smoked.

Care of Fish

Fresh fish is perishable and should not be kept long. In storing, it should be wrapped in waxed or parchment paper and stored in a covered container in the coldest part of the refrigerator.

Cooking Methods

Quick frozen fish does not require thawing before cooking. It may or may not be.

Salted or smoked fish must be freshened in cold water. If whole, it should be soaked in cold water, drained, and simmered in fresh water until tender, then broiled, baked or creamed. The shredded or flaked fish may require only soaking in cold water. See specific directions on package or wrapper.

The object in cooking fresh fish is not so much for tenderness, since the meat is naturally tender, rather it is to develop flavor and change the texture. Only a short cooking period is needed. This can be done at high temperature or at moderate, the only precaution being to avoid overcooking, which dries and toughens the fish.

To Broil Fish

Fish fillets, small fish, or fish steaks, may be broiled. To prepare, let fish stand in salt solution (two tablespoons salt to one cup water), one minute if a thin piece; three minutes if medium; five to eight minutes if very thick. Drain, brush with oil or fat. Have broiler pan preheated and lightly greased. Place fish on broiler pan two inches below heat. If skin is on fish, it should be on top. Cook until skin is covered with dark brown bubbles, turn, and cook other side. Baste occasionally with fat or oil. Six to twelve minutes is required for cooking the fish, depending on size.

To Panfry

Dip fillets, steaks, or small whole fish in water, then coat well with salted flour, or cornmeal, as preferred. Allow the proportion of one-half tablespoon salt to the half cup of flour or cornmeal. Have any clean, fresh fat heated in a heavy pan. Put in fish and cook over a moderate heat, uncovered, for the first three minutes, then covered for two, and uncovered for the remaining time. Do not cook too long. Ten to fifteen minutes is sufficient.

Boiled Fish

Lean fish is best for this method of cookery. Prepare salt water, using one and one-half tablespoons salt to the quart of water. Have it boiling. Place one layer of serving portions in a well greased wire basket, or tie in a cloth. Put fish into gently boiling water and simmer until tender, eight to twelve minutes, drain.

Steamed Fish

Soaking in salted water, two tablespoons of salt to the cup of water, for two to eight minutes, is recommended by the U. S. Fish and Wildlife Service. Drain, place fish one layer deep in a well oiled steamer. Cook five to twelve minutes, or until tender.

Baked Fish

Fat or lean fish, fillets, steaks, or whole fish may be prepared in this manner.

To bake small pieces in a hot oven, dip serving pieces into heavily salted milk (1 tablespoon salt to the cup of milk), coat well with crumbs. Place in a baking pan, dot over with fat, or place small pieces of bacon over fish. Bake in a hot oven, 500 degrees Fahrenheit, ten minutes, until fish is nicely browned and cooked through. Do not add water, do not cover.

To bake fish steaks, as halibut or salmon, have them cut an inch or so thick. Steaks near the tail are nicest, since there is little waste in bone and they are all in one piece. Let stand in salted water five minutes. Put into a greased baking dish. Dot over the top with fat. Bake in a hot oven, 450 degrees Fahrenheit, until browned on top and baked through, twenty to twenty-five minutes. They may also be baked with a cream, cheese, or tomato sauce poured over them. In using

the cheese sauce, a lower heat and longer time should be used.

To bake the whole fish, plain or stuffed, dip fish into salted water, two tablespoons salt to the cup of water. Let stand five minutes. Drain. Slit skin in several places. Brush with cooking oil. Stuff, if desired. Place in roasting pan in the center of a hot oven and bake ten minutes, at 500 degrees Fahrenheit, after which lower temperature to 400 degrees and bake ten or fifteen minutes longer, or until fish flakes nicely.

POINTERS ON HANDLING FISH. Chill hands thoroughly in cold water before handling fish. This will prevent any odor of raw fish from clinging to the hands. Rinse the hands in hot water and salt, afterward. Wash dishes in hot strong salt solution, without soap, to remove fish odors.

TO SERVE WITH FISH. Select colorful, flavorful vegetables and crisp, piquant salads to accompany fish and to bring out its deliciousness. A fruit dessert or fruit tart is generally prefered for ending the meal.

Baked Stuffed Whitefish

1 whitefish, cod, or similar fish
2 cups dry bread crumbs or cubes
3 tablespoons melted butter, margarine, or similar fat
½ teaspoon salt
1 tablespoon chopped parsley
1 teaspoon grated onion
2 tablespoons chopped cucumber or dill pickle

Remove head and fins from fish. To remove the fins, cut into the flesh at either side and at the base of the fins. They can then be removed whole. Have fish boned, or bone it now. Dip into salted water as directed. Drain, brush with oil, and place in a greased pan.

Prepare dressing. Add fat to bread crumbs with remaining ingredients. Toss together lightly. Season well. Stuff fish with mixture. Brush over with fat. Bake in a hot oven, 500 degrees Fahrenheit, for ten minutes, then reduce heat to 400 degrees and bake fifteen to twenty minutes longer. Serve on a heated platter, plain, with a cream sauce or a creamed egg sauce.

The dressing may be omitted.

Oyster dressing may be used with fish, in which case use one half-pint oysters, chopping them fine. Add to above dressing, omitting pickles. Moisten dressing with oyster liquor.

The rice dressing used with flank steak is nice with fish.

MENU SUGGESTION. Baked stuffed fish, Harvard beets, green beans or Brussels sprouts, jellied vegetable salad, fruit sherbet or fruit compote.

Fish Fillets in Tomato Sauce

1 pound fillets of fish, (fresh or quick frozen) or fish steaks
1 teaspoon minced onion
2 tablespoons minced celery
2 tablespoons butter or margarine
1 tablespoon flour
1 cup stewed tomatoes
½ teaspoon salt
¼ teaspoon sugar
Bit of bay leaf
1 tablespoon chopped parsley

If using quick frozen fish they will be more easily handled if partially thawed. Place fillets in a greased baking dish. Sauté onion and celery in fat. Blend in flour, add tomatoes and seasonings. Pour over fish. Bake in a hot oven, 400 degrees Fahrenheit, until fillets flake nicely, about fifteen minutes.

Serve parsleyed potatoes with the fish, a green vegetable, fruit salad, and cheese with wafers for dessert.

Baked Fish Loaf

2 cups flaked cooked or canned fish
1 cup fine bread crumbs
2 tablespoons chopped parsley
1 teaspoon minced onion
½ cup nut meats (may be omitted)
¼ teaspoon salt
½ teaspoon grated lemon rind
2 tablespoons lemon juice
3 eggs
½ cup milk

Flake fish, toss in a bowl. Add remaining ingredients in order named, the eggs beaten with milk. Turn into a greased loaf pan, bake in a moderate oven, 350 degrees Fahrenheit, until firm, about one hour. Serve plain or with a creamed egg

sauce, or with creamed shrimp or creamed mushrooms. Serves six.

MENU SUGGESTION. This can be an economical company dish. For supper, serve a green vegetable with it, a generous bowl of mixed greens and vegetables, and a fruit dessert. For dinner, add potatoes, or a yellow vegetable.

Creamed Salt Codfish

Freshen cod in water (unless canned is used). Combine with equal quantities of cubed raw potatoes. Cook in boiling salted water until potatoes and fish are tender, about fifteen minutes. Drain, add hot cream sauce, allowing one cup sauce to the cup of potatoes and fish. (Medium white sauce—two tablespoons butter, two tablespoons flour, one cup milk.) Season well, and serve hot on toast.

Codfish may be creamed plain without the addition of potatoes.

Codfish Cakes

1 cup salt codfish
2½ cups potatoes, cubed
1 tablespoon butter or margarine
1 egg or 2 egg yolks

Soak salt codfish in cold water overnight. The next morning pour off water and shred by placing pieces on cutting board and drawing fork down through the meat. Cook potatoes in boiling salted water until tender. Drain thoroughly. Shake over heat to dry. Mash, add butter, and season. Beat until light.

Add codfish and egg, or egg yolks, and continue beating until mixture is light. Shape into balls. Fry in deep fat, or pan-fry until well browned on either side.

Quick Codfish Balls

Cook codfish and potatoes together. Mash, season, shape into balls. They will not be as light as the others, but they will have flavor and save time.

Creamed Finnan Haddie

Soak finnan haddie in fresh water thirty minutes. Drain, add more water, simmer twenty minutes. Add cream sauce, allowing one cup sauce to the cup of fish. Season well and serve on crisp toast.

Baked Finnan Haddie

Allow one-half pound to the serving. Soak in clear water. Drain. Place in a shallow baking dish. Dot over with fat. Add milk to partially cover fish. Bake in a hot oven, 425 degrees Fahrenheit, until fish flakes easily, about twenty minutes.

Green pepper, onion, and parsley sautéed in part of the fat, may be put over fish, if desired.

MENU SUGGESTION. Serve boiled potatoes with the finnan haddie, any preferred vegetable, green or yellow; cole slaw for the salad; and a simple pudding.

Scalloped Oysters

1 pint oysters
2 tablespoons butter or margarine
2 tablespoons flour
1 cup milk
¼ to ½ cup oyster liquor
½ teaspoon salt
Dash pepper
Crumbled bread or cracker crumbs

Pick over oysters carefully, letting each one slip through the fingers. Strain liquor. Prepare cream sauce. Melt butter or margarine, blend in flour. Add milk slowly, stirring it in. Add oyster liquor. Season well. Crumble crackers. Line a greased baking dish with crumbs. Put in a layer of oysters, cover them with sauce, sprinkle with crumbs. Add remaining oysters, sauce, and crumbs. Dot over with fat. Bake in a moderately hot oven, 375 degrees Fahrenheit, until heated through and nicely browned. Serves four.

Oven Fried Oysters

Pick over large oysters. Dredge with flour, seasoned with salt and pepper. Coat with beaten egg, then with bread crumbs. Spread out on a platter to dry. Put into a shallow pan, dot over with fat. Bake in a hot oven, 450 degrees Fahrenheit, until nicely browned, ten to fifteen minutes.

Baked Oysters and Noodles

2 cups broken noodles, uncooked
1 quart oysters
4 tablespoons fat
½ teaspoon salt
2 tablespoons flour
2 cups oyster liquor and milk
1 tablespoon additional fat
½ cup bread or cracker crumbs
¼ cup grated American cheese

Cook noodles in boiling salted water until tender. Drain. Pick over oysters carefully. Drain liquor. Measure and add enough milk to make two cupfuls. Sauté oysters in fat until the edges curl. Remove from fat. Blend flour into it, add oyster liquor and milk slowly, stirring it in carefully to prevent lumping.

Cook, stirring constantly, until thickened and smooth. In a greased baking dish alternate layers of noodles, oysters, and sauce, seasoning each layer. Melt second amount of fat, brown crumbs in it. Sprinkle over top of oysters with cheese. Bake in a hot oven, 450 degrees Fahrenheit, until heated through and browned on top, twenty to twenty-five minutes. This amount serves five or six.

Oyster Pie

Prepare oysters and cream sauce as in preceding recipe (omitting noodles). Combine, turn into a greased baking dish. Have piping hot. Over the top, arrange baking powder or soda biscuits, and bake in a hot oven, 450 degrees Fahrenheit, from twelve to fifteen minutes. A cube of cheese inserted in each biscuit lends goodness.

USING THE LEFTOVERS

Someone has said that the secret of leftovers is not to have them. But they do occur in the best regulated families, and sometimes as a result of good planning. They should, of course, be stored with greatest care, used as soon as possible and in the most savory manner.

Now everyone knows that hash is the first way of using leftovers, but not everyone knows how to prepare it. Here, then, are the fundamental rules.

Browned Hash

Finely chop or grind leftover meat—beef, lamb, veal or pork, corned beef, or ham. Mix with an equal quantity of finely diced potatoes. The two may be chopped together. Other vegetables may be used with potatoes, or in place of them. For two, one cup of meat and one cup of potatoes will serve generously. Moisten with sufficient milk, leftover gravy, or both, to hold ingredients together. Season to a nicety. (That is the secret of good hash.)

If onion is liked, sauté a small amount in fat, in a skillet. Put in meat and potato mixture, spreading it evenly in the pan. Cover pan and cook over a low heat, until heated through and a brown crust has formed, from twenty to thirty minutes, depending on the amount being cooked. Remove cover. Slip a spatula under one half the hash, fold it over the other half. Turn immediately onto a heated platter and serve at once.

The "other vegetables" that blend into the making of hash are diced carrots, green peas, beets, turnips.

MENU SUGGESTION. A salad and fruit dessert, with preferred bread, is all that is needed to complete the meal.

Creamed Hash

1 cup diced cooked meat
1 cup diced cooked potatoes or mixed vegetables
2 slices onion
1 tablespoon fat
1 to 1½ cups medium white sauce or gravy

Combine meat and potatoes, or meat and vegetables. Sauté onion in fat. Add gravy, diluting it with milk, or, if there is no gravy, blend two tablespoons flour into fat, add one and one half cups milk gradually, stirring the while. Cook, stirring constantly, until thickened and smooth. Add meat and vegetables. Heat through, season well, and serve piping hot.

Baked Onions with Hash

Parboil large onions in a quantity of boiling water until almost tender. Drain. Scoop out centers. Chop, mix with hash mixture. Fill onions with it, place them in a baking dish, add water to cover the bottom of the pan, and bake in a moderately hot oven, 375 degrees Fahrenheit, until onions are tender.

Baked Potatoes with Hash

Omitting the potatoes in the hash mixture, remove portion of pulp of baked potatoes, fill with meat and gravy mixture, or mix mashed pulp with ground meat. Moisten with milk, season well, return to shell and bake until browned and heated through.

Creamed Hash in Tomatoes

When in season, large tomatoes stuffed with hash, become a company dish. Wash tomatoes, core, scoop out a portion of the centers. Chop them, mix with hash mixture. Fill tomato

shells, dot over top with fat and bake until tomatoes are tender, about twenty minutes.

Meat Pie

Prepare cream hash, increasing gravy or sauce by one-half cupful. Turn into a greased baking dish, heat in a hot oven, 450 degrees Fahrenheit. Top with biscuits or cover with a biscuit crust and return to oven to bake biscuits, twelve to fifteen minutes.

Cottage Pie

Use meat and vegetables with gravy or sauce in casserole. Cover top with fluffy mashed potatoes, white or sweet. Bake long enough to heat and brown the top.

Roulettes

1½ cup ground cooked meat
1 teaspoon grated onion (may be omitted)
2 tablespoons minced green pepper
1 tablespoon butter, margarine, or meat drippings
½ cup vegetables, peas, minced carrots (may be omitted)
Gravy or milk to moisten

The meat is better if ground, although it can be chopped fine. Sauté onion and green pepper in fat five minutes. Add to the meat, with vegetables that are also left-over. Season well. Moisten with gravy, with milk, or cream. Set aside while preparing the pastry.

THE PASTRY

2 cups all purpose flour
3 teaspoons baking powder
½ teaspoon salt
5 tablespoons fat
⅔ cup milk

Sift flour, measure, and sift into mixing bowl with baking powder and salt. Work in fat with a pastry blender or the tips of the fingers. Add milk to make a soft, but not a sticky dough. Roll out to one-fourth inch thickness. Cut in three inch squares. Spread each square with meat filling. Roll as a jelly

roll. Moisten far edge of pastry, and use this side to seal the roll. Place in a greased shallow pan or on a baking sheet. Bake in a hot oven, 425 degrees Fahrenheit, until nicely browned and baked through, about twenty minutes. Serve rolls plain, with additional gravy, or with a creamed vegetable or creamed mushroom sauce.

MENU SUGGESTION. These roulettes are nice enough to serve at a party. Serve Harvard beets with them, or mashed squash, a green salad, and fruit for dessert.

Lamb Turnovers for Four

1 cup chopped cooked lamb
½ cup leftover gravy
1½ tablespoon butter or margarine
1½ tablespoon flour
½ teaspoon salt
½ cup milk
½ teaspoon Worcestershire sauce
1 tablespoon chopped parsley
Pastry for one-crust pie

Prepare lamb, cutting it small. Use leftover gravy, adding Worcestershire sauce and parsley to it, or prepare cream sauce.

To make cream sauce, melt butter or margarine, blend in flour and stir in milk slowly. Cook, stirring constantly, until thickened and smooth. Add seasonings and lamb.

Prepare pastry in usual manner. Roll out and cut in four squares or rounds. Put a spoonful of the lamb mixture on each, fold pastry over meat and press edges together with the tines of a fork first dipped into flour. Place in a baking pan, cut slits in the top of the pastry to allow steam to escape. Brush tops with milk and bake in a hot oven, 400 degrees Fahrenheit, until nicely browned and baked through about thirty minutes.

Chicken Succotash Pie

1 cup cooked green beans (or canned)
1 cup kernel or cream style corn
1 cup diced cooked chicken (or other meat)
2 cups cream sauce or gravy
Rich biscuit dough

Combine vegetables and chicken in a greased baking dish. Thin the left-over gravy, or, lacking it, make cream sauce. Pour over meat and vegetables. Season well. A hot oven, 425 degrees Fahrenheit, is needed. Prepare rich biscuit crust. Cut slits in it, to allow steam to escape. Place over top of mixture. Bake until nicely browned, twelve to fifteen minutes.

Stuffed Green Peppers

4 medium sized green peppers
½ to 1 cup diced cooked meat
1 to 1½ cups cooked rice
½ teaspoon salt
1 teaspoon grated onion
Approx. ¼ cup milk, meat broth, or tomato juice
2 tablespoons bread crumbs
2 tablespoons grated cheese

Wash green peppers, cut off tops, remove seeds. Rinse out the inside. Have a greased baking dish in which peppers can be set without falling over. A moderately hot oven, 375 degrees Fahrenheit, is needed.

Combine meat and rice. Approximately two cups mixture will be needed. This may be more meat than rice, or meat, rice, and vegetables, according to materials at hand. Season well. Moisten. Stuff peppers with mixture. Sprinkle bread crumbs and grated cheese over the top. Add water to cover the bottom of the pan. Bake in preheated oven until peppers are tender, forty-five minutes to an hour.

Stuffed Bread Box

1 loaf or portion of loaf of bread
1 teaspoon minced onion
1 tablespoon chopped green pepper
1 tablespoon fat
⅔ cup gravy, cream sauce, or tomato purée
2 cups diced cooked meat, or meat and vegetables
1 cup soft bread crumbs
1 sprig parsley, chopped
2 eggs

With a very sharp knife trim off the crusts from a loaf of bread, or a portion of a loaf. Keep sides as even as possible. Cut a half inch slice from the top. Place it to one side. Hollow

out the center of the loaf, keeping these sides even and about three quarters of an inch thick. Spread sides of bread, inside and out, with softened butter or margarine.

Prepare filling. Sauté onion and green pepper in fat. Add gravy or, lacking it, blend in one and one-half tablespoons flour and two thirds cup milk, to make a cream sauce. When it is thickened and smooth, add meat. Beef, ham, pork, veal, lamb, chicken, or even fish may be used. If there isn't enough meat, use some cooked vegetables or diced hard cooked eggs. Stir in remaining ingredients, including beaten eggs. Season well. Pack lightly into loaf. Cover with top slice. Butter it, and bake in a hot oven, 400 degrees Fahrenheit, about thirty minutes, until browned and heated through. Serve piping hot, slicing and serving with gravy, creamed egg sauce, or creamed vegetable sauce, as mushroom or asparagus.

MENU SUGGESTION. This makes a regal supper dish at low cost. It will serve six or eight. Have a generous bowl of vegetable salad to accompany it, and another bowl of fruits for dessert, and the meal is complete.

Meat and Macaroni en Casserole

2 cups macaroni
2 cups diced cooked meat
½ cup sliced onions
2 tablespoons fat
2 cups canned tomatoes
Cheese

Cook macaroni in boiling salted water until tender. Drain. Prepare meat, or meat and vegetables may be used. Panfry onions a few minutes in fat. Add tomatoes. In a greased baking dish alternate layers of macaroni, meat, onion, and tomato, seasoning each layer. Sprinkle top generously with grated cheese. Bake in a moderately hot oven, 375 degrees Fahrenheit, until heated through and browned on top, about twenty minutes.

Rice may be used in place of macaroni.

Thin cream sauce may be used in place of tomatoes.

Mock Chicken Chops

2 cups finely diced cooked pork or veal
1½ cups cooked rice
2 eggs
Bread or cracker crumbs
Additional egg

Combine meat, rice, and beaten eggs. Season well. Shape into cutlets or chops. Dip in bread or cracker crumbs, then in slightly beaten egg, diluted with one tablespoon water, and return to bread crumbs to coat well. Spread out on a platter to dry for thirty minutes. Panfry in a small amount of fat, or put into a shallow baking dish and bake until browned in a hot oven. Serve plain, or with a creamed vegetable sauce.

Chili Con Carne from Leftovers

1 onion, sliced
2 tablespoons fat
2 cups diced cooked meat
½ cup gravy
1 small can red beans or 2 cups cooked
1½ cups tomato purée
1 teaspoon Chili sauce

Panfry onion in fat. Add meat and brown slightly. Stir in remaining ingredients in order named. Season well, and cook over a low heat until thickened and full flavored. Pan should be covered during the first part of the cooking.

Chop Suey, too, can be made from freshly cooked or leftover meat.

Chop Suey

2 cups shredded meat
2 tablespoons fat
1 cup mushrooms, or small can (may be omitted)
¼ cup sliced onion
2 cups shredded celery
½ cup shredded green pepper
2 tablespoons flour
1 can bean sprouts, or 2 cups cooked shredded green beans
1½ cup sliced uncooked radishes
Soy sauce

Prepare meat. Cooked turkey, pork, veal, beef, chicken, or duck may be used. And if there isn't enough, add a small

amount of ham or freshly cooked meat. Melt fat in pan. In it sauté onion, green pepper and celery. Cook over a low heat until vegetables are tender, six or seven minutes. Blend in flour. Add bean sprouts, meat, and radishes. Heat, season well. Serve over cooked rice or fried noodles.

MENU SUGGESTION. Serve a green salad with the chop suey, or fresh relishes, and a fruit dessert.

Pork with Mustard Sauce

8 to 10 slices of cold pork or other meat
2 tablespoons butter or margarine
2 tablespoons flour
½ teaspoon salt
1 cup milk
2 teaspoons prepared mustard

Place slices of pork or other meat in a shallow baking pan. Prepare sauce, melt butter or margarine, blend in flour and salt. Stir in milk gradually. Cook, stirring constantly, until thickened and smooth. Add mustard, pour over pork slices, and bake in a moderately hot oven, 375 degrees, until heated through, about twenty minutes.

MENU SUGGESTION. Serve baked or parsleyed potatoes with the roast pork, a green vegetable, as green beans; shredded cabbage, carrot and radish salad; and baked lemon pudding for dessert.

MEAT SAUCES

There are sauces that form the foundation of the dish, and others that give the finishing touch in flavor and goodness. Their success depends upon smoothness, where smoothness is required, as in cream sauces, and upon perfection in flavoring. In the latter there is nothing more helpful than the "taste-and-add" system, particularly now that spices and seasonings are changing.

The white, or cream sauce, is the one most often used. Its proportions read thus:

White or Cream Sauce

(*Medium Thickness*)

2 tablespoons butter, margarine, or other mild fat
2 tablespoons flour
1 cup milk
¼ teaspoon salt

Melt fat over hot water, or a low heat. Blend in flour. Stir in milk gradually. Cook, stirring constantly, until sauce has thickened and is smooth. Season well. This is the cream sauce served on vegetables, on fish, and in the making of creamed dishes.

VARIATIONS

THIN WHITE SAUCE. Melt one tablespoon fat, blend in one tablespoon flour, and add the cup of milk slowly. Use this sauce for creamed soups.

THICK WHITE SAUCE. Melt four tablespoons fat, blend in four tablespoons flour, add one cup milk. Use this sauce in making croquettes.

VEGETABLE SAUCE. Use half vegetable water and half milk, fresh or evaporated.

EGG SAUCE. Add two diced hard cooked eggs to the medium cream sauce, and one tablespoon minced parsley, if desired. Tasty on fish or on vegetables, such as asparagus or broccoli.

CHEESE SAUCE. Add one-third to one-half cup grated cheese to the sauce, stirring until it is melted. Serve on fish or cooked vegetables.

CREAMED MUSHROOM SAUCE. Sauté one-third to one-half cup sliced mushrooms in two tablespoons butter or margarine, five minutes. Blend in two tablespoons flour. Stir in one cup milk gradually. Cook, stirring constantly, until thickened and smooth. Season well.

Beet Sauce

1 tablespoon butter or margarine
1 tablespoon chopped green pepper
1 teaspoon grated onion (if liked)
1 tablespoon flour
⅔ cup water
¼ teaspoon salt
1½ tablespoons vinegar
2 tablespoons brown sugar
1 tablespoon grated horseradish
½ cup chopped cooked beets

Melt fat, sauté onion and green pepper in it. Blend in flour. Stir in water slowly. Cook, stirring constantly, until thickened and smooth. Add salt, vinegar, brown sugar, cook a few minutes longer. Add horseradish and beets. Heat and serve over fish or with meat.

Mustard Sauce

3 tablespoons butter or margarine
3 tablespoons flour
1 tablespoon dry mustard
¼ teaspoon salt
1 teaspoon sugar
¾ cup water
2 egg yolks
2 tablespoons vinegar

Melt fat over hot water. Blend in flour mixed with mustard and salt. Add water slowly. Cook, stirring constantly, until thickened and smooth. Beat egg yolks, add a portion of the hot mixture to them, then turn all back into the hot mixture and cook a minute longer. Stir in vinegar slowly. Heat and serve. Nice on liver loaf, with pork shoulder steaks, or corned beef.

Tomato Sauce

2 tablespoons butter or margarine
1 teaspoon grated onion
2 tablespoons chopped green pepper
1½ tablespoons flour
2 cups tomato purée or juice
½ teaspoon salt
Dash cayenne
½ teaspoon Worcestershire sauce

Melt fat, sauté onion and green pepper in it over moderate heat. Blend in flour. Add tomato juice, or purée, and seasonings. Cook, stirring constantly, until thickened, smooth, and well seasoned. Mushrooms may be cooked with green pepper and tomatoes, if desired. Use with meat loaf or roast.

Creole Sauce

1 onion, chopped
2 green peppers, chopped
½ cup sliced mushrooms
1 tablespoon salad oil, butter, or margarine
1 clove garlic, minced
1 tablespoon flour
2 cups canned tomatoes
1 teaspoon chopped parsley
1 teaspoon chopped chives
½ teaspoon salt

Sauté onion, green pepper, and mushrooms in fat. Add garlic, blend in flour and tomatoes. Cook, stirring constantly, until thickened. Then simmer until full flavored, about fifteen minutes. Add parsley and chives, season with salt and pepper. Serve piping hot.

Barbecue Sauce

1 medium onion
2 tablespoons butter, margarine, or salad oil
2 tablespoons vinegar
2 tablespoons brown sugar
¼ cup lemon juice or additional vinegar
1 cup tomato catsup
2 tablespoons Worcestershire sauce
½ tablespoon prepared mustard
½ cup water
½ cup chopped celery
½ teaspoon salt

Brown onion in fat. Add remaining ingredients. Simmer until full flavored, about twenty minutes. Use with steak or hamburg.

Mint Sauce

¼ cup finely chopped mint leaves
1 tablespoon sugar or honey
½ cup vinegar

Wash mint leaves and chop fine. Sprinkle with sugar, and add vinegar. Cover and put in a warm place. Let stand thirty minutes before serving. If vinegar seems very strong, dilute slightly with water. Serve with lamb or veal.

Raisin Sauce

¼ cup brown sugar
¼ cup honey
1 teaspoon mustard
1 tablespoon flour
2 tablespoons vinegar
2 tablespoons lemon juice
¼ teaspoon grated lemon rind
¼ teaspoon salt
1¾ cups water

Mix brown sugar and honey. Combine flour and mustard. Work to a smooth paste with vinegar and lemon juice, or all vinegar may be used. Stir in honey and brown sugar mixture. Add water slowly and raisins. Cook over a low heat until thickened and clear. Serve hot, with tongue or ham.

Tartare Sauce

½ cup mayonnaise
1 teaspoon minced onion
1 tablespoon chopped olives
1 tablespoon chopped pickle

Combine ingredients, adding other pickles and relishes, as desired. Serve cold.

11

Substantial Foods

WITH LITTLE OR NO MEAT

THE flavor of meat combined with less expensive cereals and dried vegetables makes delicious and satisfying foods.

Hearty appetites will help to overcome food prejudices. Introduce new foods after the family has enjoyed strenuous out-of-doors exercise.

The dried vegetables—beans, peas and lentils, called legumes, are good additions to the menu. To conserve cooking fuel, prepare a quantity to be served in different ways.

Baked beans are the old standby for an economical, substantial dish.

Baked Beans

1 pint, or 2 cups navy or pea beans
¼ pound salt pork
1 tablespoon minced onion
1 teaspoon salt
½ teaspoon mustard
1 tablespoon molasses
3 tablespoons brown sugar

Look over beans carefully, removing any black particles that may be found. Put into a colander and wash by letting cold water run over them. Put into a pan and cover well with cold water. Let stand overnight. The next morning heat to boiling, simmer twenty minutes. Drain, put into a greased bean pot or casserole. While beans are simmering, cut salt pork into cubes. Add seasoning to beans, mixing them through

well. Bury salt pork in beans. Pour in hot water in which beans were cooked, adding enough to cover. Cover dish and bake in slow oven, 250 to 300 degrees Fahrenheit, until beans are tender, from six to eight hours. Remove cover during last thirty minutes of cooking, to brown. Add boiling water as needed. The beans should be tender, but not mushy. This amount serves six to eight. All brown sugar may be used instead of molasses, or all molasses may be used.

Navy Bean and Apple Casserole

2 cups dried navy beans
1½ teaspoon salt
3 cups apples, cored and sliced
⅓ cup molasses
¼ pound salt pork

Wash beans and soak overnight in cold water. The next morning, heat to boiling and cook, covered, until tender, about one hour. Drain, saving cooking water. Arrange beans and apple slices in alternate layers in a greased casserole. Drizzle molasses over each layer. Add two cups of the cooking liquid and put slices of salt pork on top. Bake, covered, in a slow oven, 325 degrees Fahrenheit, for about one and one-half hours. If they become dry in cooking, add more cooking water. Six to eight servings.

Baked Beans in Tomato Cups

5 large tomatoes
Celery
2 cups baked beans
Salt

Wash tomatoes and cut out stems. Scoop out centers. Cut celery in fine pieces or use celery leaves, and add to beans. Sprinkle salt inside the tomato and fill with baked beans. Place in a greased pan and bake in a moderate oven, 350 degrees Fahrenheit, about twenty minutes. The scooped out centers may be stewed and seasoned and served as sauce. Garnish with parsley.

Onions Stuffed with Beans

5 large onions
2 cups baked beans
2 stalks celery

Wash and peel onions. Parboil in a large quantity of boiling salted water fifteen minutes. Drain and cool. When cool enough to handle, cut out the centers, being careful not to break the outer shell. Mix beans with finely cut celery and chopped centers. Fill onions and sprinkle with salt. Put onions in a greased baking pan and bake in a moderate oven, 350 degrees Fahrenheit, from thirty to forty minutes.

Bean Loaf

3 cups baked beans (navy or lima)
1 cup bread crumbs
1 onion, chopped
3 tablespoons melted fat
1 egg, beaten
1½ teaspoons salt
1 cup milk

Mash the beans. Add the other ingredients and mix thoroughly. Bake in a greased baking dish in a moderate oven, 375 degrees Fahrenheit, about forty-five minutes. Serve with tomato sauce.

Bean Soufflé

1 cup cooked beans
2 tablespoons fat
2 tablespoons flour
½ teaspoon salt
1 slice onion, chopped
⅔ cup milk
2 eggs

Force beans through a sieve. Prepare a cream sauce, melting fat, blending in flour, salt, onion, and milk. Stir slowly into beaten yolks. Add bean pulp and fold in stiffly beaten egg whites. Turn into greased baking pan and set in a shallow pan of hot water. Bake in a moderate oven, 350 degrees Fahrenheit, from forty to fifty minutes. Six servings.

Dried Lima Beans

Dried lima beans may be prepared as baked navy beans, baked beans in tomato cups, or bean loaf.

Lima Beans with Tomatoes

1 cup dried lima beans
1 teaspoon salt
2 tablespoons molasses
1 tablespoon chopped onion
1 green pepper, chopped (may be omitted)
2 cups tomatoes

Soak beans overnight in cold water to cover. The next morning, simmer gently, twenty to thirty minutes. Drain. In a greased casserole or bean pot put first a layer of beans, sprinkle with salt (one-half of it), molasses, and moisten with tomato. Over tomato sprinkle one-half the amount of chopped onion and green pepper. Cover with remaining beans, season with salt and molasses, add remaining onion, green pepper, and tomato. Cover and bake in a slow oven, 275 degrees Fahrenheit, until beans are tender, from six to eight hours. As needed add water in which the beans were cooked. Remove cover during last half hour of cooking to brown. Serves five or six.

Use leftover lima beans and tomatoes for stuffing green peppers.

Lima Beans with Lamb

1 cup dried lima beans
1½ pounds lamb shoulder
2 tablespoons fat
2 tablespoons chopped onion, or 1 clove garlic
1½ teaspoons salt

Wash lima beans and soak six to eight hours, or overnight, in cold water. The next morning heat to boiling and cook one hour. Drain, saving the liquid. Cut lamb in one inch cubes. Brown onion and lamb in the melted fat. Turn into a baking dish, add lima beans, salt, and one cup boiling liquid (in

which lima beans cooked). Cook, covered, in a slow oven, 300 degrees Fahrenheit, for about one to one and one-half hours, until beans and meat are tender.

Lima Bean and Parsnip Stew

1 cup dried lima beans
¼ pound salt pork
1 pound pork shoulder
1 bay leaf
1 onion
3 parsnips
2 cups tomatoes
1 teaspoon horseradish
1 teaspoon salt
Pepper

Wash beans and soak six hours, or overnight, in water to cover. In the morning heat to boiling. Add salt pork, pork shoulder cut in cubes, bay leaf, and onion. Boil forty-five minutes over medium heat. Clean, scrape, and cut parsnips lengthwise. Add parsnips, tomatoes, horseradish, salt, and pepper. Simmer until vegetables are tender and stew is of desired thickness—about thirty minutes. Add boiling water if necessary. Serve hot with corn muffins and cole slaw.

Kidney Beans Stewed

2 cups dried kidney beans
3 tablespoons butter, margarine, or bacon fat
1 teaspoon salt
Parsley (may be omitted)

Wash beans thoroughly and soak six hours or overnight. In the morning heat in the same water. Add salt, and simmer about one hour, until beans are tender. Drain—saving the water to add to soup or chili con carne. Add butter or margarine, and salt, if needed. Add chopped parsley, and serve. A portion of the beans may be saved after draining to be used in other ways. One-half cup of sautéed sliced onions may be added.

Spanish Kidney Beans

2 cups cooked kidney beans
¼ pound salt pork
1 chopped onion
2 tablespoons molasses (may be omitted)
1 cup tomatoes, fresh or canned

Cut salt pork in cubes and fry until brown. Put in layers in a baking dish, scattering salt pork and onions over each layer of beans. Add tomatoes and molasses. Bake in a moderate oven, 350 degrees Fahrenheit, for about thirty minutes.

Kidney Bean Loaf

2 cups cooked kidney beans
2 eggs
1 cup cooked rice
1 teaspoon onion
½ teaspoon salt
2 tablespoons butter, margarine, or bacon fat
1 teaspoon molasses

Mash beans or force through a strainer. Beat the eggs and chop onion. Mix all ingredients and put in a greased baking dish. Bake in a moderate oven, 350 degrees Fahrenheit, for about one and one-half hours. Serve with tomato sauce.

Split Peas

2 cups dried peas
4 cups water

Wash and soak peas six hours, or overnight, in water to cover. In the morning, bring to a boil and simmer until tender, about one hour. Peas can now be used for soup or baking.

Baked Split Peas

1 onion, chopped
2 tablespoons butter, margarine, or bacon fat
2 cups cooked split peas
2 cups cooked rice
2 cups tomatoes (canned or stewed)
½ cup buttered bread crumbs
1 teaspoon salt
Pepper

Sauté onion in melted fat until a light brown. Put in layers in a greased baking dish—the peas, onion, fat, rice, tomatoes—and season with salt and pepper. Put bread crumbs on top and bake in a moderately hot oven, 375 degrees Fahrenheit, until crumbs are browned—about twenty minutes. Serve with a cream sauce to which cooked diced celery or finely grated carrot has been added.

Lentils

Lentils require soaking as the other legumes, to shorten the cooking time.

Lentil Stew

2 cups lentils
8 cups water
1 teaspoon salt
½ cup cooked rice
1 onion
4 tablespoons fat
2 cups tomatoes

Wash and soak lentils six hours, or overnight. Drain, cover with water, heat to boiling, add salt, and simmer until tender, about twenty minutes. Slice onion and brown in melted fat. Add lentils, rice, and tomatoes to the onion and fat. Simmer fifteen to twenty minutes.

Baked Lentils

1½ cups dried lentils
3 cups water
1 teaspoon salt
6 slices of bacon
¾ cup milk
¾ cup bread crumbs

Wash lentils and soak six hours, or overnight, in cold water to cover—about three cups. Drain, cover with water, and heat to boiling and simmer until tender—about twenty minutes. Cut bacon in small pieces and fry until crisp. Add bacon, bacon fat, and milk to the lentils. Put in a baking dish and cover the top with bread crumbs. Bake in a moderate oven, 350 degrees Fahrenheit, until crumbs are browned—about thirty minutes.

Baked Soybeans

Use the same rule as for other baked dried beans, allowing a longer time for cooking.

Buttered Soybeans

Wash and soak soybeans overnight in cold water to cover. In the morning heat and cook below boiling point for two to

three hours. Season with butter or other fat, salt, and pepper, and serve.

Soybean Casserole

2 cups cooked soybeans
¼ cup diced salt pork
2 cups chopped celery
2 tablespoons chopped onion
2 tablespoons chopped green pepper (may be omitted)
3 tablespoons flour
2 cups milk
1 teaspoon salt
1 cup bread crumbs

Soak soybeans in cold water overnight. The next morning heat slowly to boiling, and simmer gently until tender, about two hours. They may be cooked in the pressure cooker, in which case cook fifteen to thirty minutes at fifteen pounds pressure. Chop soybeans. Brown salt pork in a frying pan, add the celery, onion, and green pepper. Sauté five minutes. Blend in flour. Add milk slowly, stirring it in carefully to prevent lumping. Cook, stirring constantly, until thickened and smooth. Stir in cooked beans. Turn into a greased baking dish, cover with crumbs. Grated cheese may be added, too, if desired. Bake in a moderate oven, 350 degrees Fahrenheit, for thirty minutes, or until the crumbs are browned.

Soybean Soufflé

3 eggs
3 cups soybean pulp
1 teaspoon minced onion
1 teaspoon salt
Pepper
Worcestershire sauce

Beat the egg yolks, blend in soybean pulp, add onion, salt, dash of pepper, and few drops of Worcestershire sauce. Fold in stiffly beaten egg whites. Turn into a greased baking dish, set in a pan of hot water, and bake in a moderate oven, 350 degrees Fahrenheit, until firm, forty to sixty minutes.

Chili Con Carne with Soybeans

2 cups cooked soybeans
¼ pound salt pork, diced
¼ cup chopped onions
½ pound lean beef, ground
2 cups tomatoes
1 teaspoon chili powder

Soak beans overnight. Simmer until tender, from two to three hours. Fry salt pork until crisp, remove the pork, and brown the onions. Add beef and stir slowly for five minutes. Add tomatoes to which chili powder has been added, the salt pork and the beans. Simmer thirty to forty minutes longer, until cooked down and full flavored.

Soybean Loaf

1 cup cooked soy beans
1 cup bread crumbs
1 egg
1 tablespoon chopped onion
2 tablespoons tomato catsup
Salt
Pepper
Bacon fat

Mash cooked beans, beat the egg, and combine all ingredients except bacon fat. Shape into a loaf and put into a greased baking pan—dot with bacon fat and bake in a moderate oven, 350 degrees Fahrenheit, for about one hour.

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LET'S SERVE PLENTY OF

Vegetables

NOW, as never before, it behooves the menu planner to watch the vegetable market, to be on the alert for produce that may be plentiful, fresh, of good quality, and selling at reasonable prices today, but gone tomorrow. She must "know her vegetables"—those that are needed to promote health (the important leafy, green, yellow, and the others), know how to make her selections. And, having purchased them, she must store them, prepare, and cook them in a manner that will conserve their color, flavor, and food value and give the greatest pleasure to the family.

In the matter of selection, let us look first to those vegetables that are good for us. Then, keeping that fact under our respective culinary hats, let us turn our attention to preparing and serving those vegetables in the most appetizing manner possible.

VEGETABLE MAXIMS

1. For Health, eat one or more generous servings of a green or yellow vegetable every day, some raw and some cooked. When not serving a citrus fruit or tomatoes, we need a serving of the leafy vegetables, as salad greens or raw cabbage. In addition, we should have one other vegetable (or fruit), as potatoes, cauliflower, or the like. Select those that fit your

menu plans, are plentiful in market, of good quality, and selling at reasonable prices. They are listed as follows:

GREEN VEGETABLES—The leafy vegetables, such as leaf lettuce, chicory and watercress, spinach, kale, parsley, chard, greens of turnip, mustard, dandelion, beet tops, are particularly rich in health elements. Use them in salads and relishes on days that oranges, tomatoes, or grapefruit are not served.

The other green vegetables—Peas, green snap beans, green lima beans, green soybeans, Brussels sprouts, broccoli, asparagus.

YELLOW VEGETABLES—Carrots, winter squash, rutabagas, pumpkin, sweet potatoes, tomatoes.

OTHER VEGETABLES—Potatoes, cauliflower, turnips, cabbage, celery, beets, onions, head lettuce, celery cabbage, eggplant. Serve one of these in addition to green or yellow vegetables.

2. Buy Vegetables That Are Crisp, Fresh, and Clean Looking. Root vegetables of uniform size, firm and clean, have less waste. Head vegetables should be firm, with few waste leaves. Buy in a market known to have a quick turnover of produce, buy frequently and serve soon after buying. Food value and flavor are lost in direct proportion to the length of time the produce stands.

3. Handle Fresh Vegetables Carefully, at market and at home. Avoid bruising, which causes loss.

Wash vegetables quickly, but thoroughly, in lukewarm water. Store in covered container in refrigerator. Don't let greens or salad things soak in cold water.

Store peas and beans in the pods. They dry quickly after shelling and lose color and food value.

Some of the root vegetables and those of the sturdier type, such as potatoes, dried onions, hubbard squash, do not require refrigeration and can be kept in a dry, well ventilated place. Turnips, parsnips, beets, and winter carrots can also be kept in this way for a period of time, depending on storage space.

4. Prepare Just before Cooking. Root vegetables cooked with the skins on retain the greatest amount of minerals and

vitamins, but this method is not always practical. In paring vegetables, the skin should be cut off as thinly as possible and the vegetables cooked soon after. They should not stand long in cold water.

Carrots and parsnips, scrubbed with a stiff vegetable brush, do not require paring.

In cutting up vegetables, cut in sizeable pieces. The smaller the pieces, the more exposed surfaces and the greater the loss of food value.

5. *Proper Cooking Methods Save Color, Flavor, and Food Value.* In boiling vegetables, use just enough water to cook them quickly, without danger of burning. The water should be boiling and salted when the vegetables are added. Allow one-half teaspoon salt to the pound of vegetables or the cup of cooking water.

Add vegetables slowly to cooking water. Heat it quickly back to boiling, then reduce heat and boil gently. The greatest vitamin loss is in the time required for the water to reach the boiling point again after the vegetables have been added.

Leafy vegetables can be cooked in just the water that adheres to them.

Cabbage, cauliflower, Brussels sprouts, broccoli, onions, and turnips are better cooked quickly, uncovered, in a quantity of water.

Cook vegetables just until tender, and let them retain some of their original crispness.

Do not stir vegetables when cooking.

NEVER add soda to cooking water. It destroys food value and flavor.

In heating canned vegetables, drain liquor into pan, boil to reduce amount, add vegetables, heat quickly, season to taste, and serve.

Start frozen vegetables cooking while they are still frozen. Use a very small amount of water and a covered pan. They will cook quickly.

Dehydrated vegetables may or may not require refreshing,

by soaking in cold water. Directions will be given on the package. If soaking is suggested, care should be taken not to use too much water and to cook the vegetables in the water in which they have stood. Seasoning must be done with care, since the dehydrating process unavoidably removes some of the delicate flavoring.

Use vegetable cooking water in making soups, sauces, and gravies and in gelatin vegetable salads, wherever the flavor of the vegetable will blend with the other food or foods with which it is being used. The cooking water can be used immediately or turned into a jar, covered tightly, and stored in the refrigerator until needed.

To Cover or not to Cover

To cover or not to cover the pan is a question often raised. There are points in favor of both methods. The pan should be covered while the water is heating, to speed the process and save fuel. To keep it covered while cooking vegetables shortens cooking time and saves fuel and nutritive value. The strong flavored vegetables are better cooked in an open kettle.

Baking Vegetables

Potatoes, carrots, beets, squash, and other vegetables are appetizing when baked, and can be incorporated nicely into the plans for an oven dinner. Use a covered baking dish or casserole, cut vegetable in sizeable pieces, add a small amount of liquid—milk, water, or vegetable juices—and desired seasonings. Cover and bake in a hot or moderate oven with other food, the temperature to be governed by that needed for the "other food."

Steaming Vegetables

To cook vegetables in a steamer, prepare in the usual manner. Place in the perforated inset container of the steamer. Sprinkle with salt and steam over rapidly boiling water.

Onions, members of the cabbage family, turnips, and similarly strong flavored vegetables are not suited to steaming.

COOKING AND SERVING THE LEAFY GREENS

Beet greens, chicory, collard greens, dandelion greens, kale, spinach, Swiss chard, turnip or mustard greens—allow one to one and one-half pounds for serving four. Buy greens that have crisp, clean leaves, of good color. Small tender leaves are nice to use in salads.

Preparation. Cut off roots, tough stems. Remove wilted and dried leaves. The stems and large leaves that seem tough and wilted can be used in flavoring soups. Wash in several waters at lukewarm temperature, looking over the greens carefully and lifting them each time from the water in order to allow soil and sand to sink back into it. If storing, put the greens into a covered container in the refrigerator, far from the refrigerating unit.

Cooking. Put greens into cooking vessel with water that adheres to the leaves in washing. Cover, heat until a liquid forms in bottom of pan, remove cover to evaporate liquid, and cook until tender. Season with salt and melted butter or margarine. Serve at once.

Time. Beet tops, fifteen to twenty minutes; Chicory, ten to twelve minutes; Collard greens, fifteen to twenty minutes; Dandelion greens, fifteen to twenty minutes; Spinach, ten to twelve minutes; Swiss chard, fifteen to twenty or twenty-five minutes; Mustard or Turnip tops, twenty to twenty-five or thirty minutes.

Dressing up the Greens

With Bacon. Bits of crisp bacon or of cooked ham (heated in melted fat), added to the greens, lend flavor and distinction. They may be stirred through the greens, or used on top as garnish.

With Onion or Chives. Sauté grated or sliced onion, or chives, in bacon fat, margarine, or butter, and stir into greens before serving.

With Cream Sauce. Add a cream sauce to greens, sprinkle top with grated cheese. Brown under broiler or in a hot oven just before serving.

With Sour Cream. To two cups cooked greens add one teaspoon lemon juice, one tablespoon horseradish, one-half cup sour cream. Heat together. Serve plain or on toast garnished with slices of crisp bacon, if desired.

Luncheon Dish. Add cream sauce to greens, turn into a greased baking dish, make nests in the top, drop an egg into each, sprinkle top with grated cheese. Bake in a hot oven until eggs are set and cheese is browned, about twenty minutes.

Dutch Greens

Wash tender leaves of dandelion greens, drain well, and put into a warm bowl. Cover, and let stand ten minutes. Cut three or four slices of bacon (to the pound of greens) in squares. Panfry until crisp. Remove from fat, drain off all but one tablespoonful. Sauté two tablespoons minced onion in fat, add one-third cup vinegar, pour over greens, adding bacon and tossing all together. Serve warm. A garnish of sliced hard cooked eggs is sometimes liked. Other tender greens may be prepared in the same way.

Spinach Loaf

2 cups cooked spinach or other greens
1 cup dry bread crumbs
1 cup grated American cheese
2 eggs
1 teaspoon salt
⅛ teaspoon pepper
1 tablespoon lemon juice

Chop spinach (or other greens) fine. Add bread crumbs, cheese, beaten eggs, and seasonings. A bit of grated onion may be added, if desired. Turn into a greased bread pan. Bake in

a moderate oven, 350 degrees Fahrenheit, until firm, about forty minutes. Serve as a luncheon or supper dish, plain, with slices of crisp bacon, or with curls of chipped beef sautéed in fat.

THE GREEN VEGETABLES

These include peas, green limas, green snap beans, green soybeans, asparagus, Brussels sprouts, broccoli.

Fresh green peas and lima beans are better when purchased in the pod. Select those which are fresh looking, of good color, and well filled. One quart or one pound of peas will shell out approximately one cupful. One pound of lima beans yields one-third pound, or less than one cup after shelling.

Store peas and lima beans in the pod until time for cooking, then shell, wash in cold water, and cook. Use as soon as possible after purchasing.

To Cook. Have enough water in pan to depth of one-half to one inch. The water should be boiling and salted (one-half teaspoonful to the cup). Add peas or beans slowly, cover pan, and heat water quickly back to boiling. Cook in gently boiling water just until tender, fifteen to twenty or twenty-five minutes, depending on the age of the vegetables. Most of the water should be cooked out by this time. If there is too much water, drain into a jar to be used later. Add to the vegetables melted butter or margarine, season well, and serve immediately. If the peas or beans seem mature, allow more water for the cooking.

Ways with Lima Beans and Peas

With Herbs. To one quart of cooked lima beans (or peas), add two tablespoons melted butter or margarine, two tablespoons chopped chives, and one-half teaspoon leaf thyme. For another herb seasoning, combine one sprig chervil, two sprigs

parsley, six chives, two tarragon leaves chopped. Mix with melted fat and stir into beans or peas. Or use fresh mint in the same way.

Celery and Peas or Lima Beans. Dice the large stalks of celery, cook with peas or lima beans (equal proportions or nearly equal, it doesn't matter), serve with melted butter or margarine, or moisten with sour cream, season well, and serve.

With Green Onion. A few sliced green onions, cooked with either of these vegetables, or sautéed in fat and added at the last, lend zest.

Snap Beans (Green and Wax)

Buying. Select crisp, slender pods. Avoid those that seem dry and wilted. One pound will serve four or five.

Preparation. Wash beans and, if storing, put into a covered container. To prepare for cooking, cut or snip off ends, leave whole, break or cut into shorter lengths.

To Cook. Have enough boiling water in the saucepan to cover bottom of pan by one inch. Have water boiling and salted, one teaspoon salt to the pound of beans. Add beans slowly, cover, heat water quickly back to boiling, then reduce heat and boil gently until tender, twenty to twenty-five or thirty minutes. When cooking time is over, there should be little water in the pan. If there is, drain it off, saving it to use another way. Add two or three tablespoons melted butter or margarine, toss to mix the fat through the beans and serve immediately. Or serve with cream sauce, made with part of the cooking water.

Green Beans and Carrots make an excellent combination. Cut carrots in strips, cook with beans. Season with butter or margarine, or add a thin cream sauce.

Green Beans With Herbs. For the pound of cooked beans add one tablespoon finely chopped chives, one teaspoon chopped parsley, a bit of thyme to melted butter or margarine, and add to beans. Heat, tossing together, and serve.

Green Beans With Bacon. For one pound green beans panfry two or three slices of bacon, or salt pork, and a slice or two of onion. Stir into beans when serving.

Green Beans and Mushrooms. (A favorite combination when mushrooms are plentiful.) Allow a pint of mushrooms to two pounds of beans. Wash mushrooms quickly, cut in slices. Sauté in three tablespoons fat for five or six minutes. Add to beans just in time for serving.

ASPARAGUS

One pound of asparagus serves four. Stalks should be straight, fresh, tender; tips, compact and unbroken.

Wash asparagus in several waters to remove any sand that may be present in buds. Scales may be removed from buds. Snap each stalk in two by holding between the thumb and forefinger, or cut off tough stem end. Ends can be used in making soups.

To Cook. Tie asparagus in bundles, set in a deep saucepan in sufficient boiling water to come two-thirds of the way up the stalk. Cover vessel, cook in gently boiling water until tips and stalks are tender, ten to fifteen minutes.

The asparagus can be put into a smaller amount of boiling salted water loose, cooked just until tender, ten to twelve or fifteen minutes. Save cooking water.

Ways to Serve Asparagus

Au Gratin. Cook one pound of asparagus until almost, but not quite tender. Drain, saving the cooking water. Arrange asparagus tips in a greased baking dish. Pour one cup cream sauce, made by using half asparagus water and half milk (bottled or evaporated), over it. Sprinkle grated cheese and bread crumbs over the top. Dot over with butter and bake in a moderately hot oven, 375 degrees Fahrenheit, until browned on top, about fifteen minutes.

Luncheon Rolls. Parboil asparagus tips five or six minutes (or use canned). Place several tips on a slice of chipped beef.

Wrap beef around asparagus. Arrange one or two rolls on a slice of buttered toast. Cover with a cream cheese sauce, made by using asparagus cooking water, milk, and adding one-third cup grated cheese to the cup of cream sauce. Pour over rolls. Bake in a moderate oven, 350 degrees Fahrenheit, until heated through, fifteen to twenty minutes.

Cooking Green Soybeans

When soybeans have reached nearly full size but are still green and succulent, they make a most palatable and nutritious green vegetable, either shelled or cooked in the pods. Some of the desirable garden varieties are: Agate, Aoda, Bansei, Shiro, Hokkaido, Chusei, Higan, Kanro, Easycook, Funk Delicious.

To shell the beans, boil in pods three to five minutes. Then the shelled beans may be steamed or boiled in lightly salted water. Cook quickly. The time depends on the variety. Serve seasoned with salt, pepper, a little melted butter, margarine, bacon fat, or with strips of crisply fried bacon or salt pork.

BRUSSELS SPROUTS, BROCCOLI

Brussels Sprouts. Buy green, fresh looking sprouts. They are usually sold by the quart box, which weighs about one pound and will serve four.

Broccoli. Select bunches with heavy, seedy heads, crisp and clean looking leaves. Allow one and one-half pounds for four.

Preparation. Remove wilted leaves, and, in the case of broccoli, the tough stems (use them in soups). Wash thoroughly in lukewarm water. Let stand thirty minutes in cold salted water (two tablespoons salt to the quart of water) to remove insects. Rinse thoroughly.

The Cooking. These vegetables, belonging to the cabbage family that tends to develop strong flavor on long cooking, must be cooked quickly in a quantity of boiling salted water, in an uncovered vessel.

TIME. Allow twelve to fifteen minutes for Brussels sprouts, slightly longer for broccoli, fifteen to eighteen or twenty minutes. Serve with melted butter or margarine.

Dressing Them Up

BROCCOLI WITH CHEESE. Wash and cook broccoli. Arrange in a greased baking dish or on a fireproof platter. Season with salt, pepper, melted butter or margarine. Sprinkle generously with grated cheese and brown in a moderately hot oven or under the broiler just before serving.

CREAMED EGG SAUCE on broccoli that has been arranged on slices of buttered toast makes a tempting luncheon dish.

WELSH RABBIT SAUCE on broccoli is equally tasty.

BRUSSELS SPROUTS WITH CELERY. Diced celery, cooked separately or with sprouts, and served with sprouts in butter or creamed sauce, makes a good combination. Bits of pimento may be added for color.

THE YELLOW VEGETABLES

Carrots, Rutabagas and Turnips, Winter Squash, Pumpkin, Tomatoes, Sweet Potatoes

CARROTS

Carrots are one of the real bargain vegetables, from the standpoint of color, flavor, food value, and cost. We serve them cooked and uncooked, grated, cut in strips, and left whole. In buying, the small carrots are nicest for salads and relishes. The larger and winter varieties can be used cooked and uncooked for most of the winter, but as the season advances these varieties must be relegated to use in soups and stews because of the strong flavor that is developed. Buy carrots uniform in size, firm and clean looking. Select the grade according to use. One pound serves four.

THE PREPARATION. Scrub carrots with a stiff brush. The new, tender vegetables will not then need scraping. Leave whole if small; cut in halves, quarters or strips, if large. There is smaller loss of food value when cut lengthwise rather than crosswise.

THE COOKING. Have carrots ready to go into the pan as soon as water is boiling. Have it salted, add the carrots slowly, heat water quickly back to boiling, and boil gently until tender, from ten to twelve or fifteen minutes, according to the size of the pieces.

Dressing Carrots in Sunday Best

Glazed Carrots

Cook small carrots of uniform size whole. Drain. In a small frying pan melt two tablespoons butter, margarine, lard or similar fat, blend in one-fourth cup corn sirup, three tablespoons honey or other sweetening, and add one-fourth cup water. Heat, but do not brown carrots in the sirup. Sprinkle with chopped parsley or finely chopped fresh mint, when serving.

Viennese Carrots

Leave carrots whole, or cut in strips, as preferred. Cook in boiling salted water until tender. Drain, saving out one cup of cooking water. In a saucepan melt two tablespoons butter or margarine, blend in one tablespoon flour. Add one cup water (from cooking carrots) slowly, stirring it in. Cook, stirring until thickened and smooth. Add one-half teaspoon salt, dash of pepper, two tablespoons vinegar, one tablespoon chopped parsley. Pour over carrots and serve.

Macedoine of Vegetables

Combine two cups carrots cut in strips, two cups celery cut the same, and two to four cups green peas. Cook together until tender. Drain, season well with melted butter or margarine, or serve with a cream sauce. This is an excellent way to use up small amounts, or "small dabs" of vegetables.

Carrots and Turnips

Cook turnips and carrots separately, since the former take longer. Combine with melted butter and sprinkle with chopped parsley, if there is some growing in your kitchen window.

RUTABAGAS AND TURNIPS

Buying and Storing. Buy heavy, firm rutabagas and turnips. Those that are light are likely to be strong flavored and pithy. Allow two pounds for serving four. Store in a cool, dry place. They do not require refrigeration.

Preparation. Scrub well, pare thin, cut in slices or dice.

The Cooking. The same rules apply to cooking these vegetables as to Brussels sprouts and broccoli. Cook in a quantity of boiling salted water, uncovered, just until tender. Drain, discarding water. Season with melted butter or margarine, and serve immediately. Avoid overcooking, as that develops strong flavor.

Time. Allow twenty to twenty-five minutes. Winter vegetables require from forty-five minutes to an hour.

Mashed Rutabaga

After cooking rutabagas until tender, drain, mash, season well with salt, pepper, and melted butter, margarine or bacon fat. Pile in dish and serve.

With Cheese. Cook diced rutabagas or turnips until tender. Drain, combine with a cream sauce in a greased baking dish, sprinkle grated cheese over the top, and bake in a moderately hot oven, 375 degrees Fahrenheit, until heated through and browned.

Hubbard, or Winter Squash

Buying. This large, dark green vegetable can be purchased by the piece or whole. One-half pound should be allowed to a serving. Select one that is firm and clean looking. Keep in a cool, dry place. Refrigeration is not necessary.

The Cooking. Baking is the easiest method. It can be baked in the large piece, or cut into individual servings. Scrape out seeds. Put squash into a shallow pan, sprinkle with salt and pepper, add a teaspoon of brown sugar, sirup or honey, dot over with butter or margarine. Add water to cover the bottom of the pan, cover pan and bake in a hot oven, 400 degrees Fahrenheit, or moderate if other foods are being cooked and require a lower temperature, until tender. Allow about one hour for the cooking. Serve in the piece.

Mashed Squash

Omit sugar or sirup in the preceding recipe. Bake until squash is tender. Scoop out pulp. Mash. Season well and pile lightly in serving dish.

Baked Acorn Squash

Allow one half to a serving. Scrub the outside. Cut in halves, thirds or quarters, according to size. Remove seeds and stringy portion. Stand in a baking dish, dot inside of each half with butter or margarine, or bacon fat, sprinkle with salt, add one-half to one teaspoon brown sugar, sirup, or honey. Add water to cover bottom of pan. Cover and bake in a moderate to moderately hot oven, 350 to 375 degrees Fahrenheit, forty minutes to an hour. Serve in the shell.

Squash Ring

(pretty and tasty luncheon dish)

3 cups mashed, cooked squash
1 tablespoon minced onion (may be omitted)
1 teaspoon salt
Dash pepper, cinnamon, and nutmeg
3 tablespoons butter or margarine
½ to ¾ cup milk
3 eggs

Bake squash, or steam. Scoop out pulp. Mash and season well with salt, a dash of pepper, cinnamon, and nutmeg. Stir in fat, milk to moisten and well beaten eggs. Turn into a greased ring mold. Set in a pan of hot water and bake in a moderate oven, 350 degrees Fahrenheit, until firm, about one hour. Remove to a large plate or platter. Fill center with vegetables or with a creamed meat. Serves six generously.

Summer Squash

BUYING. The summer squashes are in season from early to late summer. They include the zucchini, which resemble large cucumbers but are not quite as dark in color; the cymblings, flat squash or patty pan, and crooked neck or yellow squash. Select those that look firm, whose skin can be pierced with the fingernail. (Be careful, however, in testing.)

If stored only a short time, summer squashes will not require refrigeration. Keep in a cool, dry place and use soon after buying.

PREPARATION. Wash the squash thoroughly. Do not pare, unless the skin seems very tough, and do not remove seeds unless squash is very large. Cut off slice at stem and blossom end. Cut in slices of half-inch thickness.

THE COOKING. Cook squash in a minimum of water. Have just enough in pan to cover bottom by one-half inch. Salt and heat to boiling, add squash, cover and cook just until transparent, eight to ten minutes. Remove cover during last few minutes of cooking to reduce cooking water. Season well with salt, pepper, and melted butter or margarine.

Squash with Herbs

Try a few of the herbs on squash. A light sprinkling of parsley is nice; or of chopped mint. And chives have a natural affinity for squash.

Stuffed Summer Squash

(A summer way with leftovers)

1 large summer squash
1 cup chopped or ground cooked beef, lamb, ham, or chicken
1 cup diced cooked potatoes, green peas, or mixed vegetables
1 teaspoon chopped onion
2 tablespoons melted butter or margarine

Scrub squash, hollow out center, removing seeds but keeping the squash shell as firm as possible. Combine meat with potatoes or with vegetables. Season well. Pile in the center of the squash. Dot over with fat. Place in a baking dish. Add water to cover the bottom of the pan and bake in a moderately hot oven, 375 degrees Fahrenheit, until squash is tender and meat mixture is heated through, twenty to thirty minutes.

NOTE. Individual servings may be made by using the smaller squash, or zucchini.

PUMPKIN

Though not generally served as a vegetable, there is no reason why it cannot be. Cut in pieces, remove seeds and string portion, season well, bake and serve as squash. It can also be steamed or boiled, mashed, and seasoned.

TOMATOES

War demands are curtailing supplies of canned tomatoes. We must take full advantage of the garden produce, canning as much as possible, and thus supplementing the supply.

CARE. The chief precaution in caring for fresh tomatoes is to avoid bruising. Store in refrigerator. A cover is not needed.

BUYING. Use firm tomatoes for cooking. They may even be a little green. Wash well and remove core.

Stewed Tomatoes

If fresh tomatoes are to be stewed, cut in slices, place in pan, cover, and heat slowly until they soften. No water is needed.

Season well with salt, a few grains of sugar, and a bit of butter or margarine.

Stewed Green Tomatoes. Use same methods as for ripe.

Baked Tomatoes

Wash, remove core. Fill center with bread crumbs or with a mixture of bread crumbs and grated cheese. Bake in a moderate oven, 350 degrees Fahrenheit, until crumbs are browned and tomato is cooked through, about twenty minutes.

Sautéed Tomatoes

Cut, ripe or green, in slices, panfry in a small amount of fat, season with salt.

Baked Stuffed Tomatoes

(*Using Leftovers*)

Wash tomatoes, scoop out centers, leaving a substantial shell. Fill with a creamed meat or creamed vegetable mixture. Sprinkle bread crumbs over the top and bake in a moderately hot oven, 375 degrees Fahrenheit, until heated through and browned on top, twenty to twenty-five minutes. Allow one-third to one-half cup mixture for filling each tomato. Leftover cooked meats, as ham, chicken, fish, lamb, veal, mixed with gravy or cream sauce; or, leftover creamed vegetables, are delicious served in this manner.

Southern Stewed Tomatoes

(*Using Canned Tomatoes*)

To one number two can (two and one-half cupfuls), sauté two tablespoons chopped onion, one tablespoon chopped parsley, in two tablespoons butter, margarine, or bacon fat. Add

tomatoes, with one teaspoon sugar, sirup, or honey, one-fourth teaspoon salt. Increase heat and boil rapidly until thickened. Serve immediately.

Scalloped Tomatoes

Drain juice from canned tomatoes, saving it to use in other ways. Line a greased baking dish with bread cubes. Put in tomatoes, add a small amount of grated onion, season with salt and a few grains of sugar, cover with additional bread. Add a second layer of tomatoes, season, cover with bread cubes or crumbs. Bake in a moderately hot oven, 375 degrees Fahrenheit, until heated through and browned on top twenty to thirty minutes.

POTATOES

Potatoes are excellent energy foods and are good, too, for their minerals and vitamins. When pennies are scrimped and appetites hearty, it is a good plan to serve potatoes frequently. Cooking with the skins on is the most economical, as it saves the most food value and flavor.

Buying. Choose potatoes with a smooth skin, with no corky spots. The dry, mealy ones are best for baking. New potatoes are better boiled and served whole, than baked or mashed.

Care. Keep potatoes in a cool, dry place. Sweet potatoes do not keep as well as white, therefore should not be purchased in large amounts.

Preparation. Scrub new potatoes, cook with the skins on, or scrape and remove eyes. Older potatoes should be scrubbed, cooked with skins on when possible, a strip cut from the center, or skin removed in thin parings. Leave whole or cut in uniform pieces. Prepare just in time for cooking.

The Cooking. Boiling. Have a small amount of water boiling in the pan, about one inch, add a teaspoon salt, add the potatoes slowly, cover, heat quickly back to boiling, then boil gently until tender, twenty to twenty-five minutes for small

potatoes, thirty to thirty-five or forty for larger. If there is cooking water left, drain into a jar to be used later, or use in preparing cream sauce for potatoes.

THE SERVING. If potatoes are to be served plain, drain off water (as suggested), place over a low heat to dry out and make mealy. Season with melted butter or margarine.

Dressing Up

Chopped parsley, watercress leaves, mint or chives, added to fat used on boiled potatoes, lend their own distinctive flavor. A mixture of herbs, as parsley, chives, or basil, too, may be used.

Mashed Potatoes

Scrub potatoes, allowing one or two to a serving. Boil. Drain, mash or force through a potato ricer. Have a small amount of milk heated, add to potatoes, beating enough in to make them light and fluffy (it will take about one tablespoonful to the potato). Season well with salt, add melted butter or margarine, beating it in. Pile lightly into heated serving dish and serve immediately.

ADDING COLOR AND FLAVOR. Chopped chives, parsley, green pepper, or pimento may be whipped into potatoes, if desired.

Mashed Potatoes and Carrots

Cook potatoes and carrots separately, allowing a little more potatoes than carrots. Mash, combine, whip together with hot milk, fat, and seasonings. The children particularly will like this combination. Use it in nests for creamed chicken or other creamed vegetables.

Potato Cakes

Shape mashed potatoes into cakes. If richness is desired, add one beaten egg to one or two cups mashed potatoes. Brown on either side in melted fat—butter, margarine, or bacon fat.

Surprise Cakes

(Using leftovers)

Prepare potato cakes, make a hole in the center of each, fill with ground cooked meat, well seasoned. Cover with additional potatoes and prepare in usual manner.

Creamed Potatoes

Boil potatoes with skins on, allowing one or two to a serving. Drain and peel. Add a well seasoned cream sauce, allowing two cups sauce to three cups potatoes, if diced; if whole, one cup will be sufficient for five or six potatoes.

WITH OTHER VEGETABLES. Creamed new potatoes with asparagus is a popular combination for spring. Cook vegetables separately, allowing one-half pound asparagus to one pound potatoes. Combine with cream sauce, made by using half asparagus water and half milk (evaporated or bottled). Creamed potatoes and carrots, peas, or onions may be prepared in the same way.

Hashed Browned Potatoes

(Using leftovers)

Melt one tablespoon butter, margarine, or meat dripping in frying pan, to the cup of potatoes to be cooked. Add a teaspoon to a tablespoonful grated onion, if that flavor is liked, and boiled potatoes cut fine. Add a small amount of milk to moisten and cook slowly until brown and crusty on one side. Turn and brown on the other side. Fold over in half and serve on a hot platter omelet fashion. If there are small amounts of other cooked vegetables on hand, as peas, carrots, turnips, beets, or the like, chop them with the potatoes. Chopped green pepper can be added with onion, if desired.

Mashed potatoes can be prepared the same way, except they

should be stirred or broken into small pieces during the browning, so as to brown evenly.

Scalloped Potatoes

Allow one to one and one-half potatoes for each person. Pare thin and cut in slices. Prepare a thin cream sauce, allowing one cupful for three or four potatoes. (To the cupful, use one tablespoon butter, margarine, or meat drippings, blend in one tablespoon flour, stir in one cup milk slowly. Cook until thickened and smooth.)

In a greased baking dish arrange a layer of potatoes, sprinkle with salt and cover with cream sauce. Continue alternating layers of potatoes and sauce, seasoning each layer, until dish is filled or materials are used. Bake in a moderate oven, 350 degrees Fahrenheit, covering the pan for the first ten minutes, then uncover and continue baking until potatoes are tender, thirty to forty minutes longer.

Cooked potatoes may be used instead.

Dressing Up

Cheese may be sprinkled over each layer and over the top, giving au gratin potatoes.

Squares of diced cooked bacon may be sprinkled over the various layers of potatoes.

Chipped beef, or slivers of ham, are tasty used in the same way, and make a satisfying luncheon dish.

Green peas (cooked), green beans, or any leftover vegetable are nice to use with the potatoes. Carrots sliced in with the potatoes lend color, flavor and goodness. Onions may be used in the same way, or try putting just one slice in the bottom of the dish.

Farmhouse Scallop

Peel four medium potatoes thin, one large turnip, and one-half onion. Cut in thin slices. Arrange in alternating rows in a

greased baking dish, sprinkling each layer of potatoes with salt, a small amount of flour, and flecking over with fat—butter, margarine, bacon or chicken fat. Add milk to moisten. Bake in a moderate oven, 350 degrees Fahrenheit, until vegetables are tender, about forty-five minutes.

Pork chops, browned first in the pan and then placed over vegetables and baked with them, makes a satisfying and savory one dish meal. Lamb shoulder chops or a slice of ham can be used in the same way.

Baked Potatoes

Stuffed, Plain, and Fancy

Always scrub potatoes well before baking, for then the family will eat the skins. They are better, too, if rubbed over with a bit of fat, as butter, margarine, or bacon fat. Place on a baking rack (or in the thrift cooker if your range has one), and bake in a hot oven, 400 to 450 degrees Fahrenheit, until mealy and well done, from fifty minutes to an hour. As soon as the potatoes seem to "give" with easy pressure, cut a slit in the top of each to allow steam to escape. Press either end with the fingers, if serving plain, to fluff up the center. Sprinkle with salt and insert a cube of butter or margarine. Serve immediately.

Baked Stuffed

Cut potatoes in halves after baking, if large. If small, remove tops. Scoop out centers, using a small spoon and putting the pulp into a small saucepan or bowl. Mash, add salt, one-half teaspoon to four potatoes, a dash of pepper and scalded milk, about one-third cupful, and a square of butter or margarine. Whip until light. Pile lightly in shells, sprinkle top with grated cheese, if desired, and return to oven to reheat and brown.

VARIATIONS

For Luncheon. Pile potato around edges, leaving a hollow in the center. Fill with creamed chipped beef or any creamed meat or fish. Sprinkle with cheese or not, as you wish. Return to oven to heat and brown.

Using Leftovers. Ground meat, mixed with the potato pulp and returned to shells, is tasty, too. Cooked leftover vegetables can also be used this way.

Potatoes Baked with Sausage

Select medium large potatoes. Wash and pare thinly. With an apple corer make a cavity lengthwise through the center of each potato. Insert a small link sausage, or stuff with bulk sausage.

Arrange potatoes in a greased baking dish, sprinkle with salt. Add just enough water to cover the bottom of the dish well. Cover, and bake in a moderately hot oven, 375 degrees Fahrenheit, until potatoes are tender, about an hour. Remove cover during last fifteen or twenty minutes, to brown lightly.

SWEET POTATOES

Sweet potatoes are more perishable than white, therefore must be purchased in amount for immediate and near immediate serving. Store in a dry place, not too cold nor yet warm.

Buying. Select those that have smooth skins and are fresh looking. The more uniform in size and shape, the better. Sweet potatoes have a yellowish, fawn colored skin and are dry and somewhat mealy when cooked. The yams have skins white to reddish, the flesh is moist and bright orange when cooked.

Cooking. Boiled. Scrub sweet potatoes. Put into boiling salted water with skins on. Boil gently until tender, twenty to thirty minutes. Drain and peel. Serve whole, well seasoned with salt, melted butter or margarine.

Mashed. Mash sweet potatoes after peeling, season well, add melted butter or margarine, milk to moisten. Whip until light. Pile into serving dish.

Baked. Scrub and bake in a hot oven, 400 degrees Fahrenheit, until tender, about forty minutes, depending on size.

VARIATIONS

With Bacon. Cubes of crisp bacon or salt pork whipped into mashed potatoes lend zest.

Baked Stuffed. Sweet potatoes may be prepared in the same manner as the white. To dress them up, sprinkle tops with chopped roasted peanuts or other nutmeats. Return to oven to brown.

Sweet Potato and Apple Casserole

3 or 4 sweet potatoes
2 medium sized apples
⅓ cup brown sugar, honey, or corn sirup
2 tablespoons butter or margarine, or meat drippings
½ teaspoon salt

Scrub potatoes and cook with skins on until tender. Drain. Peel and cut in slices. Put one layer in a greased baking dish. Over it arrange a layer of apples, sprinkle with one-half the sugar or sirup. Dot over with one-half the fat. Sprinkle with salt. Cover with remaining sweet potatoes, apples, sugar or sirup, and salt. Bake one hour in a moderate oven, 350 degrees Fahrenheit, until apples are tender and top is browned, about thirty minutes.

Candied Sweet Potatoes

(*With Molasses*)

Boil and peel medium sized sweet potatoes. Cut in slices or in halves. Arrange in a shallow greased baking dish. Pour molasses over them, allowing two tablespoons to the potato.

Dot over with fat. Add a small amount of lemon juice or vinegar. Bake in a moderate oven, 350 degrees Fahrenheit, until heated through and browned. Baste top layer of potatoes with sirup.

Candied with Honey Sirup

Blend one tablespoon cornstarch or one tablespoon flour with a few grains salt. Work to a smooth paste with one-half cup water. Blend into one-half cup honey. Heat and cook until thickened and clear, stirring constantly. Pour over potatoes in a shallow dish, dot over with fat, and bake in a moderately hot oven, 375 degrees Fahrenheit, until heated through and browned, about twenty minutes.

CABBAGE, CAULIFLOWER, CELERY CABBAGE

Cabbage

Fresh, uncooked cabbage is a particularly good source of vitamin C, and therefore is classed with tomatoes and citrus fruits. The greener leaves are richer in other vitamins and minerals. The moral, then, is to serve it frequently uncooked, shredded in salads and slaws. Prepare it just before serving and use it as fresh as possible.

Buying. Select firm, well-formed heads. One pound shredded and cooked serves four. One pound makes about five cups shredded, as for slaw.

Celery Cabbage

Celery cabbage has slightly more delicate flavor than cabbage. One stalk will serve six to eight. The outer leaves are nice for cooking, the center leaves for salads. Or the stalk can be sliced crosswise and used in salads, or cooked.

The Cooking. Either may be shredded and cooked (especially new cabbage), in a small amount of boiling salted

water, just until tender, about eight minutes. Drain, serve well seasoned with butter, margarine or bacon fat, or with a thin cream sauce. The older cabbage is better cooked in a quantity of boiling salted water in an open kettle.

Scalloped Cabbage or Celery Cabbage

Shred cabbage, or celery cabbage. Add to a small amount of boiling salted water and parboil five minutes. Turn into a greased baking dish, draining out the liquor but saving it. Prepare a cream sauce made by melting one tablespoon fat, blending in one tablespoon flour, adding one-half cup vegetable cooking water and one-half cup milk, fresh or bottled Add one-half teaspoon salt and a dash of pepper. Pour over vegetable, sprinkle top with cheese and bake in a moderately hot oven, 375 degrees Fahrenheit, until vegetable is tender and top is nicely browned.

Red Cabbage

Red cabbage may be prepared the same as green, except that it needs the addition of acid to the cooking water. One diced apple or a tablespoonful or two of vinegar added to the cooking water helps to keep its color.

Spiced Red Cabbage

2 tablespoons bacon fat
1 onion, sliced
1 cup boiling water
2 sour apples, sliced
4 cups shredded red cabbage
2 tablespoons vinegar
1 tablespoon brown sugar, sirup, or molasses
½ teaspoon mixed pumpkin pie spices or
¼ teaspoon cloves and
¼ teaspoon nutmeg

Put fat into frying pan or saucepan. Add onion and sauté until a light yellow. Add water, apples, and cabbage. Cover and cook over a moderate heat until tender, about twelve minutes. Add vinegar, sugar or sirup, and spices. Serve piping hot.

CAULIFLOWER

BUYING. Give preference to the cauliflower that has a firm white portion, known as curd. Avoid those that are blackened or marred. One head four or five inches across will serve four generously. Use uncooked cauliflower flowerets frequently in salads and on the relish tray. They are growing increasingly popular. The stalks can be diced, cooked separately and served as another vegetable, or used in making a tasty creamed soup.

PREPARATION. Remove waste portion of cauliflower head. Let soak head down in salted water, two tablespoons salt to the quart of water, for thirty minutes, to draw out insects. Rinse and wash thoroughly in lukewarm water.

THE COOKING. Separate cauliflower into flowerets. Cook quickly in a quantity of boiling salted water, uncovered, just until tender, eight to ten minutes. Special care must be taken not to overcook, as that causes discoloration and strong flavor as well as aroma.

SERVING. Serve cauliflower with melted butter or margarine, with a thin cream sauce or with a cream cheese sauce.

Scalloped Cauliflower with Ham

(A way for using leftover ham or other meat)

Prepare one small head cauliflower. Parboil in boiling salted water five minutes. Drain, turn into a greased baking dish. Pour over it a medium cream sauce. To make the sauce, melt two tablespoons butter or margarine, blend in two tablespoons flour, add one and one-fourth cups milk slowly, stirring it in. Cook until thickened and smooth. Then add one cup shredded cooked ham, tongue, or roast lamb. Sprinkle grated cheese and bread crumbs over the top. Bake in a hot oven, 400 degrees Fahrenheit, until heated through and browned on top. This makes a tasty luncheon dish.

CELERY

BUYING. Select firm stalks that are clean and free from blemish. The leaves should be fresh and crisp looking. The green offers more in vitamins and minerals than the perfectly blanched.

PREPARATION. Wash with a soft brush. If outer stalks seem tough, put them aside for cooking, alone or with other vegetables. Save hearts to be used as relish or in salads. The leaves may be used in flavoring soups and stews. If there is a large quantity on hand, they can be dried and stored in a jar ready for use.

THE COOKING. Scrub stalks well, scrape off brown parts. Cut small, cook in a minimum of water, in a covered vessel. Season well and serve plain, or with a cream sauce, in which celery water and milk, bottled or evaporated, have been used.

WITH LEFTOVER VEGETABLES. Vegetables left over from another meal, added to creamed celery and heated with it, acquire new flavor and temptingness and extend the use of both vegetables. They can be used in practically any proportion, the only precaution being to allow sufficient cream sauce to cover both.

Corn Pudding

2 cups corn
2 whole eggs, or 3 or 4 egg yolks
1 cup milk
1 tablespoon melted butter or margarine
1 teaspoon sugar
Cracker crumbs

Use creamed canned corn for this, or corn cut from the cob.

Beat eggs, add milk, melted fat, corn, and seasonings. Turn into a greased baking dish, sprinkle bread or cracker crumbs over the top. Set dish in a pan of hot water and bake in a moderate oven, 350 degrees Fahrenheit, until firm, about one hour. To test for doneness, insert a clean knife in the center. If it

comes out clean the pudding is baked. Serve immediately. Serves four or five.

Creole Corn

2½ cups corn cut from cob, or 1 No. 2 can kernel corn
3 tablespoons chopped green pepper
2 tablespoons grated onion
2 tablespoons melted fat
1 cup canned tomatoes or diced fresh

Prepare corn. If using canned, drain off liquid, saving it to use another way. Sauté green pepper and onion in fat. Add corn and tomatoes. Heat quickly to condense liquid. Season well and serve piping hot. If preferred, the mixture can be turned into a greased baking dish, dotted over with fat, and baked in a moderately hot oven, 375 degrees Fahrenheit, along with other foods.

ONIONS

There are two general classes of onions: the large, mild flavored ones, such as Spanish and Bermuda, that are liked for serving alone, and the red or yellow onions, stronger of flavor, that sell at a lower price and are used for flavorings.

The Preparation. Peel onions while holding them under cold water, and you will not weep the tears of the onion peeler. Likewise, remember to rub your hands with salt after working with them, and you will not carry their perfume with you the rest of the day.

The Cooking. Cook onions quickly in a quantity of boiling salted water until tender, thirty minutes to an hour, depending on the size. In serving, drain off liquid, pour melted butter, margarine, or a cream sauce over them, heating the onions in the sauce, and serve immediately.

Small green onions, cooked and served with melted butter, margarine, or a cream sauce, make a tasty spring vegetable.

Scalloped Onions and Tomatoes

Parboil two cups sliced onions in boiling salted water. Drain. In a greased baking dish arrange alternate layers of sliced onions and stewed or fresh tomatoes, green or ripe. Season each layer with salt, pepper, and butter or margarine. Sprinkle bread crumbs over the top. Bake in a moderately hot oven until tender, about thirty minutes.

Stuffed Onions

5 large mild onions
3 tablespoons fat
½ cup chopped celery
2 tablespoons chopped parsley
2 cups bread crumbs
1 teaspoon salt
Pepper

Skin onions, cook in boiling salted water until tender. Drain. Remove the centers without disturbing the outer layers, and chop fine. Melt two tablespoons fat in a frying pan, add chopped onion, celery, and parsley. Cook a few minutes. Push vegetables to one side and add to the fat the crumbs, salt, and pepper, then combine with the vegetables. Fill onion shells with mixture. Add water to cover the bottom of the pan. Cover and bake in a moderate oven, 350 degrees Fahrenheit, until onions are tender, about thirty minutes. Remove cover from baking dish during the last part of the cooking, so that onions will brown on top.

PARSNIPS

Choose small, firm parsnips. Old ones are woody. There are from three to five medium sized ones to a pound and they will serve three.

To Prepare and Cook. Scrub with a vegetable brush. Cut each parsnip in quarters lengthwise, or in slices. Cook in boiling salted water until tender, from twenty-five minutes to an hour. Drain. Add melted butter or margarine, and serve.

Sautéed Parsnips

Parboil parsnips. Peel, cut in lengthwise strips. Season with salt, pepper. Brown lightly in bacon fat.

Glazed Parsnips

Parboil. For the glaze, melt one tablespoon fat, add two tablespoons corn sirup or molasses, and water to cover the bottom of the pan. Heat to boiling, put in parsnips, and cook until glazed but not browned.

BEETS

Buying. Beets help to give color and variety to the menu. Buy the small ones with tops, when in season; the larger ones when they are selling at the lowest price. They should be clean, firm, and free from blemishes.

Preparation. Scrub. Cut off tops, leaving a two-inch stem and the root intact. Save young beet tops and cook them as greens.

The Cooking. Cook in a quantity of boiling salted water, in a covered vessel, until tender, thirty to forty minutes for young beets, an hour and longer for old ones. Drain off water, slip off skins, slice, season, and serve.

Beets can also be pared, diced, or shredded and cooked like any vegetable, in a minimum of water, in a covered container, until tender, twelve to fifteen minutes.

Any sour milk or cream on hand? Then try the following:

Beets and Sour Milk or Cream

Cook beets, peel, and slice, or use canned beets. Put into a saucepan with sour milk or cream to moisten, and a bit of grated horseradish. Heat and serve. Delicious with meat loaf.

Pickled Beets

Freshly cooked beets, leftovers from another meal, or canned beets may be used. Cut in slices. Cover with mild vinegar, add a small amount of sugar, sirup, or molasses, and

sprinkle with mixed spices. Let stand. Serve plain or use in salads.

Stuffed Eggplant

(Another use for Leftovers)

1 large eggplant or 2 small ones
¾ cup ground cooked meat
½ cup canned tomato, tomato juice, or milk
1 green onion or 1 teaspoon grated onion
2 tablespoons meat drippings
¼ cup chopped green pepper
1 egg (may be omitted)
Salt
Pepper
Crumbs

Cut off stem from eggplant. Put into a large kettle of boiling water and boil fifteen minutes. Remove from the water, cut off the top, scoop out center, leaving a shell one-third inch thick.

For the stuffing, dice the center. Mix with ground meat. Add tomato or milk. Slice onion, sauté it, or the grated onion, in fat, with green pepper. Stir into meat. Add egg, or it can be omitted. Season mixture well, turn into prepared eggplant shell, sprinkle bread crumbs over the top. Bake in a moderately hot oven, 375 degrees Fahrenheit, until heated through and nicely browned, about thirty minutes.

Scalloped Vegetables

(A tasty way of using up odds and ends)

1 teaspoon minced onion (if flavor is liked)
2 tablespoons chopped green pepper (may be omitted)
3 tablespoons fat
3 tablespoons flour
½ teaspoon salt
1½ cup vegetable cooking water and milk
¾ cup cooked carrots
½ cup (or more) cooked green peas
¾ cup cooked green beans or corn
¾ cup cooked potatoes
½ cup grated American cheese

Sauté onion and green pepper (if used) in fat. This may be meat drippings, butter, or margarine. Blend in flour and sea-

sonings. Add slowly water in which some of the vegetables cooked, and milk, stirring it in as added. Add vegetables. Season well. Heat through on top of the range, stirring cheese into them in time to melt; or, if oven is being used, turn into a greased baking dish, sprinkle cheese over the top, heat, and brown in the oven. Serves four or five generously.

NOTE: If there are mashed, rather than boiled potatoes on hand, whip them up until light with additional milk, add cheese to them, and pile them lightly over the top of the creamed vegetables. Bake in a moderately hot oven, 375 degrees Fahrenheit, to heat and brown.

Green Peppers with Vegetables

(*A colorful way of using up Leftovers*)

4 green peppers
1 cup medium white sauce
⅓ cup grated American cheese
1 to 1½ cup diced vegetables
Bread crumbs

Cut tops from peppers, remove seeds. Parboil five minutes in boiling salted water. Drain. Stand upright in a shallow baking dish.

Prepare white sauce. Melt two tablespoons fat—butter, margarine, or meat drippings—blend in two tablespoons flour, add one cup milk or one-half cup vegetable water and one-half cup milk. Cook, stirring until thickened and smooth. Add cheese and stir until melted. Add vegetables, season well. Fill peppers with mixture, sprinkle bread crumbs over the top. Put enough boiling water in the bottom of the pan to cover it. Bake in a moderately hot oven, 375 degrees Fahrenheit, until peppers are tender, about twenty minutes. Diced cooked meat used with the vegetables makes this a main dish for luncheon or supper.

VARIATION

Corn cut from the cob or kernel corn may be used for vegetable and canned tomatoes for cream sauce.

Using Leftover Vegetables

Store leftover vegetables carefully in covered containers.

Use as soon as possible.

Use them in mixed green and vegetable salads, marinating them first in a little French dressing, if they seem lacking in flavor.

Add them to soups and stews, whether the recipe calls for them or not. They will give that much more flavor.

Strain and use in making creamed soups for luncheon.

Combine them in creamed sauce, as suggested, with celery.

Stuff green peppers with them, or fresh tomatoes when in season. Bake and serve as a luncheon main dish.

Do not count on these leftovers for adding to your supply of vitamins, as so much cooking and standing destroys them. The leftovers are important, however, for their flavor and minerals.

13

Salads

ARE IMPORTANT TOO

SALADS play a double role in our wartime meals. They give pleasure and they promote good health. Their crispness, color, refreshingness, add greatly to the enjoyment of the meal. On the good-for-you side they offer an imposing array of minerals, together with practically the complete vitamin alphabet.

To derive the most good from them we must shop for their makings frequently. Color, flavor, crispness, and food value are all dispelled with long storage. Therefore, it behooves us to buy salad greens almost as we use them, not storing them longer than several days, and when grown in home gardens, just long enough to crispen.

The salad materials need to be cleaned as soon as delivered, and stored immediately in covered containers in the refrigerator. Soaking in cold water, letting vegetables or fruits stand after paring and dicing or shredding, wastes goodness in direct proportion to the length of time which they wait for the serving. The longer they wait, the greater the waste.

Salads in the Menu

With the simplification of menus, salads are now served, not only in their usual place, but the mixed vegetable salad is taking the place of one of the cooked vegetables; the fruit salad is becoming a popular form of dessert, and, if an appetizer is served, it is very likely to be a small fruit or vegetable salad.

Selecting the salad to accompany the meal is much like choosing the accessories for a costume. It must complement the dishes it accompanies, offer a pleasing contrast in color, flavor, and consistency. It must give zest and refreshingness.

Use All Greens

For variety and in the interest of economy, we should know and use all greens, as well as all ingredients that lend themselves to salad use.

CABBAGE. One of the most valuable of all the greens from the standpoint of health and economy. Use it often, shred just in time for serving.

CHINESE OR CELERY CABBAGE. Also ranks high in vitamins and minerals. Leaves may be used separately with vegetables or fruits, or the stalk sliced crosswise and used alone or with other vegetables.

CHICORY OR AMERICAN ENDIVE. Wiry, curly leaves with tangy flavor. Use alone, with other greens, eggs, meat, fruit, fish, or with vegetables. May also be cooked as a green.

DANDELION GREENS. A favorite in spring when leaves are young and tender.

ESCAROLE. Similar to chicory, has a wider leaf. Use alone, with other greens, with fruit, vegetables, or meats.

LETTUCE. Boston, Iceberg, and leaf. The first has a smooth, almost buttery flavor and is excellent for fruit or vegetable salad foundation, or with mixed greens. Iceberg needs no introduction, only the warning to use the outer as well as the heart leaves, shred or tear when too large. Leaf lettuce usually sells at a lower price than other greens and offers a maximum in flavor and food value.

ROMAINE. Has long, coarse leaves. Use as lettuce. Particularly tasty with vegetables.

SPINACH. Use tender leaves with other greens or with vegetables. Large leaves can be used if midrib is removed.

WATERCRESS. Once a luxury green, now often a bargain. Use with fruits, meats, vegetables, greens, and alone. It is more easily washed if left in a bunch, then separated and looked over.

Hints to the Salad Maker

"Let your conscience and your imagination be your guide" in making salads, is the best advice to the salad maker. She—or he—should not be hampered by recipes, except in the case of the molded salad where proper proportion is needed. Let the following, then, serve more as suggestions for combinations and flavorings than as definite rules to be followed, adapting them to materials and ingredients at home and in nearby markets.

Always have the salad materials cold, also the bowl or plates from which they are served. And let the conveyor serve as a frame to the salad, rather than the salad extending over the edge.

Salads of Mixed Greens and Vegetables

In a salad bowl that has been rubbed with a cut clove of garlic (if you like that flavor), tear into small, but not too small pieces, leaves of lettuce. Add small spinach leaves and escarole. Toss with French dressing, until each leaf glistens with it.

*

Toss together torn leaves of leaf lettuce, watercress, shredded escarole or chicory, with French dressing. Slivers of ripe olives and strips of green pepper make a good addition.

*

Try the same greens, and over the top grate raw white turnips, and over the turnips place strips of green pepper.

*

Boston lettuce, with chopped mint and watercress, French dressing.

Lettuce, shredded carrots, shredded cabbage, dandelion greens. Toss together with French or sour cream dressing.

*

Line a salad bowl with leaf lettuce, fill center with chicory, broken into small pieces. Sprinkle chicory with a little mixed chopped chervil and tarragon. Serve with French dressing.

*

Escarole makes a colorful salad when sliced green onions and sliced cooked beets are used with it. French or Blue cheese dressing is best with it.

*

Boston lettuce, spinach leaves, diced carrots, cauliflower flowerets, and sliced radishes with French dressing make a colorful salad.

*

Combine equal parts lettuce and escarole. Toss together with Julienne strips of celery, beets, apple. Moisten with French dressing.

*

For the summer salad bowl, use lettuce, sliced green onions, sliced radishes, wedge shaped pieces of tomato, strips of green pepper, slices of cucumber and uncooked carrots, and some watercress. Use French dressing or the Blue cheese dressing.

Bargain Salad

1 cup torn lettuce leaves
1 cup small spinach leaves
1 cup chicory or escarole leaves (may be omitted)
½ cup sliced radishes
2 carrots, cut in strips
1 cup diced celery

Wash and drain ingredients. Tear, rather than cut lettuce leaves into pieces. Toss ingredients together lightly, moisten-

ing them with French or sour cream dressing. Serve immediately.

Penny Salad

Combine one cup small spinach leaves, one-half cup sliced carrots, one-half cup shredded cabbage, one-fourth cup sliced radishes. Toss together with French dressing.

Chef's Salad

1 cucumber or sliced turnip (may be omitted)
3 tomatoes or sliced carrots or other vegetables
4 or 5 radishes
1 stalk celery or ¾ cup shredded cabbage or celery cabbage
1 head escarole or similar green
1 bunch watercress or ¾ cup spinach leaves
1 bunch leaf lettuce
1 to 3 hard cooked eggs
1 cup slivered tongue, shredded corn beef, or other meat
½ cup slivered cheese

Cut cucumber in thin slices without paring. Peel turnip, if using, and slice very thin. Peel and cut tomatoes in wedge shaped pieces. Sliced carrots or a mixture of cooked vegetables may be used instead. Slice radishes. Cut celery in slices crosswise, or shred cabbage fine. Remove tough ends from escarole or chicory. Tear leaves in smaller pieces. Clean watercress. Slice eggs, sliver meat and cheese.

Combine vegetables, a part of the greens, and a part of the meat. Toss together lightly with French dressing. Line bowl with lettuce, and put remaining greens in the bottom. Pile in vegetables. Sprinkle remaining meat and cheese over the top, moisten with additional dressing, and garnish with the eggs.

MENU SUGGESTION. Serve toasted rolls with the salad, a fruit or pudding for dessert, and the supper or luncheon is complete.

May Vegetable Salad

Marinate cooked asparagus tips in French dressing, allowing three or four stalks to the salad.

Arrange lettuce, escarole, or chicory on salad plates. Combine one-half cup diced cooked beets with one-half cup diced cucumber or celery. Moisten with French dressing. Put on salad greens, garnish with asparagus tips.

Dutch Lettuce

2 or 3 bunches leaf lettuce
½ teaspoon salt
½ cup bacon squares or salt pork
2 tablespoons chopped green onion
½ cup vinegar

Wash lettuce and drain well. Shred the larger leaves. Pile into a large vegetable dish. Sprinkle with salt. Panfry bacon or salt pork. Drain off excess fat. Add onion, sauté it in remaining fat a few minutes, add vinegar and when hot, pour over lettuce, mixing it through well. One hard cooked egg, cut in thin silvers, may be mixed with the lettuce, if desired.

Cole Slaw

3 cups finely shredded cabbage
½ cup sour cream
2 tablespoons sugar
2 tablespoons vinegar

Shred cabbage. Combine sour cream, sugar, and vinegar. Pour over cabbage and mix well. Serves six to eight.

VARIATIONS

Shredded carrots give added color, flavor, and food value. Chopped green peppers may be added. Diced apples and raisins make good additions. Thin "cat-tongue" pieces of orange rind lend zest. Shredded leaf lettuce and peanuts may be added. Add one cup grated raw carrots, one-fourth cup green pepper, cut in strips, and one-third cup sliced radishes. Increase amount of sour cream dressing slightly.

Add finely chopped raw cranberries.

Luncheon Vegetable and Cheese Salad

1 cup cooked or canned green peas or beans
1 cup diced celery, celery cabbage, or cabbage
1 cup shredded American cheese
French dressing
Lettuce or watercress, or both
Sliced pickled beets

Combine peas or beans and celery. Marinate a few minutes in French dressing. Other vegetables may be added, or substituted. Drain, add cheese, and pile on salad plates. Use sliced pickled beets for garnish. This amount serves three or four.

Potato Salad

8 or 10 medium sized potatoes
½ cup diced cucumber or celery
1 cup uncooked carrots, sliced (may be omitted)
½ green pepper (may be omitted)
2 or 3 green onions (may be omitted)
1 to 3 hard cooked eggs
Salad dressing

Scrub and cook potatoes. Cool, peel, and slice into a bowl. Sprinkle with salt. Dice cucumbers and slice carrots, adding them to the potatoes. Shred green pepper, and onions. Combine vegetables. Toss together with the cooked dressing or mayonnaise. Pile in a bowl lined with salad greens. Garnish with slices of hard cooked eggs and wedge shaped pieces of tomato. Serves six to eight.

Corned Beef and Potato Salad

Add one cup shredded corned beef to the above potato salad mixture, and a bit of horseradish, too, to the salad dressing.

Hot Potato Salad

8 or 10 cooked potatoes
2 hard cooked eggs (may be omitted)
2 slices onion
5 slices bacon, not too lean
¾ cup vinegar
¼ cup water
1 tablespoon flour
3 tablespoons sugar or honey
¼ cup water

Cook potatoes, peel, and slice. Slice hard cooked eggs. Chop onion and toss ingredients together. Season them with salt. Cut bacon into pieces and panfry. Add to first mixture. Add vinegar and water to the fat in the pan and let it boil. Combine flour, sugar, and remaining water, stirring them together to make a smooth paste. Add to vinegar and water. Cook, stirring constantly, until mixture thickens slightly. Pour over potatoes and mix well. Heat and serve.

Kidney Bean Salad

1½ cups cold cooked kidney beans
1 tablespoon chopped onion
½ cup grated carrots (may be omitted)
1 teaspoon sugar
2 tablespoons vinegar
Few grains salt

Combine vegetables. Add sugar and salt to vinegar, mix with vegetables, and serve on shredded cabbage, lettuce, or mixed greens.

Baked Bean Salad

1½ cups cold baked beans
2 tablespoons chopped chives or onion
3 tablespoons chopped mustard pickle
3 tablespoons salad oil
2 tablespoons vinegar
¼ teaspoon salt
Dash pepper

Combine vegetables and pickle. Mix lightly. Combine oil, vinegar, salt and pepper, in a glass or bowl. Beat and mix with vegetables.

Macaroni Salad

1½ cups cooked macaroni
½ cup diced celery
2 tablespoons chopped green pepper
½ cup diced cucumber, cauliflower, cooked green beans, or shredded cabbage
2 or 3 tomatoes, cut in wedge shaped pieces, or sliced uncooked carrots
Cooked salad dressing

Cook macaroni in boiling salted water. Drain, blanch by letting cold water run through it. Cool and add celery and remaining vegetables. Toss together lightly, moistening with salad dressing, thinned slightly with vinegar or milk. Season well. Use on lettuce or mixed greens.

Meat Salad

1 cup cooked pork, lamb, veal, or chicken, diced
½ cup diced celery, cucumber, turnip, carrot, or celery cabbage
½ cup asparagus or other green vegetable, diced
½ teaspoon vinegar
1 tablespoon salad oil
Mayonnaise
Asparagus tips
Hard cooked egg

Combine meat, celery, and asparagus. Add salad oil, vinegar, and seasonings. Moisten with mayonnaise. Arrange on salad greens, and garnish with asparagus tips and sliced egg.

Ring Ham Salad

1 cup diced cooked ham
½ cup diced celery or shredded cabbage
2 tablespoons chopped green pepper
½ cup diced cucumber (may be omitted)
1 cup cooked macaroni rings
½ cup American cheese cubed
Mayonnaise to moisten
1 teaspoon prepared mustard
1 teaspoon grated horseradish

Combine ham, vegetables, macaroni, cheese. Moisten with mayonnaise to which mustard and horseradish have been added. Serve on mixed greens. Excellent for a supper salad.

Tongue, corned beef, or chipped beef may be used in place of the ham.

The Fruit Salad Bowl

A refreshing dinner salad is made of lettuce alone, or lettuce and watercress, shredded apple, celery, and seedless grapes with French dressing.

*

Lettuce, shredded pear, carrot and celery cut in strips, chopped mint leaves, served with honey fruit dressing.

*

Lettuce, watercress, sliced oranges or grapefruit, with honey French dressing. Add slices of avocado or calavo, when they are plentiful and cheap in price.

*

Orange sections and sliced pears on heart leaves of celery cabbage, with French or sour cream dressing, are refreshing.

*

Sliced apples, unpared, and sliced onions on lettuce, with small leaves of spinach, make a spicy salad to serve with the pot roast dinner. Serve French dressing with it.

Apple, Watercress, and Cheese Salad

Wash and clean one bunch of watercress. Toss together lightly with two cups tart red apples, cut into not too small pieces. Pile in the center of a lettuce lined bowl. Moisten well with French or with cooked salad dressing. Press sharp cheese through a strainer over the top of the salad. Nice for luncheon, for supper, or for a dinner dessert salad.

Waldorf Salad

4 firm, tart red apples
1 cup chopped crisp celery
Cooked salad dressing
¼ cup chopped nut meats (any kind, peanuts particularly good)

Dice apples without paring. Combine with celery. Moisten with dressing, thinned, if necessary, with top milk, vinegar, or cream. Pile on lettuce, escarole, or mixed greens. Sprinkle nut meats over the top.

Seeded grape halves may be added.

Raisins make a good addition, alone or with shredded carrots.

Sliced cranberries make a colorful addition.

Scoop the centers from nicely formed apples. Chop it, mix with other ingredients, and fill shells with it. Garnish top with whole nut meats.

Orange shells (left over from the morning) are pretty filled with the apple salad, and impart a flavor to it, too.

Prune and Carrot Salad

Pit twelve cooked prunes, allow three to a serving. Grate three carrots. Add to them two or three tablespoons cooked salad dressing or mayonnaise and a half teaspoon grated orange rind. Fill prunes with mixture lightly. Serve on lettuce, shredded cabbage, or watercress. A few salted nut meats, coarsely chopped, may be mixed with carrots, if desired.

Cooked apricots may be used the same way.

Slices of orange used with the dried fruit lend zest.

Fruit Dessert Salads

Serve crisp toasted wafers or cheese wafers with the dessert salad.

Sliced oranges on watercress with fresh strawberries when in season, or canned cherries, served with French dressing

around a mound of cream or cottage cheese, make a tempting dessert-salad.

*

Wafer thin slices of fresh pineapple on any preferred greens, with slices of calavo or avocado and orange, with strings of green pepper, can stay in the middle of the menu, or play both the middle and dessert parts.

*

Sliced canned peaches on mixed greens, with large plump, cooked prunes, served with maple salad dressing, sprinkled with coconut, will meet with favor.

*

In late April and May, arrange sprigs of watercress on small fruit plates. In the center place orange sections, pieces of fresh pineapple, and garnish with a few fresh strawberries, hulls left on. Pour French or honey French dressing over the fruits and greens, but not over the berries.

*

Grapes, seedless, or seeded purple or red, with slices of fresh pear on lettuce alone, or mixed greens, with French or honey French dressing, make a refreshing salad.

*

In summer, melon balls, plump plums from which pits have been removed, and sliced peaches on lettuce, or lettuce and watercress, with honey French dressing or with the maple dressing, leave little to be desired in the way of a dinner or dessert salad. Arrange fruits around a mound of cottage cheese for a delicious luncheon or supper salad, serving toasted rolls with it.

*

An unexcelled Christmas salad is made of grapefruit and orange sections, with cubes of cranberry jelly, on mixed greens.

Tomato Aspic

4 cups tomatoes, canned or fresh
1 slice onion (may be omitted)
Few celery leaves
1 teaspoon salt
1 teaspoon sugar
2 tablespoons plain, unflavored gelatin
½ cup cold water
2 tablespoons mild vinegar

Cook tomatoes with seasonings ten minutes. Soften gelatin in cold water. Force tomato mixture through a strainer. Stir in gelatin, and vinegar. Turn into molds that have been rinsed with cold water. Chill until firm. Remove to plates or platter lined with salad greens. Serve plain, with French dressing, with mayonnaise or cooked dressing.

Ways With Tomato Aspic. Mold tomato aspic in ring molds, remove to plates lined with greens, fill center with potato, mixed vegetable, or meat or fish salad. Colorful and tasty for party supper salad.

Mold mixed vegetables or meats in the tomato jelly.

Perfection Salad

1 tablespoon plain, unflavored gelatin
¼ cup cold water
1 cup hot water
¼ cup sugar
½ teaspoon salt
¼ cup mild vinegar
1 tablespoon lemon juice
1 cup finely shredded cabbage
½ cup diced celery
2 tablespoons chopped green pepper
1 pimento, chopped (may be omitted)

Add gelatin to cold water. Let stand five minutes. Add hot water, sugar and salt, and stir until all are dissolved. Add vinegar and lemon juice. Let stand until mixture starts to thicken. Prepare vegetables, rinse one large mold or six small ones with cold water. When gelatin starts to thicken, stir in vegetables. Turn into molds and chill until firm. Serve on lettuce or other greens with French dressing.

Jellied Spring Salad

1 package lime flavored gelatin
1 cup hot water
1 cup cold water
¼ teaspoon salt
1 teaspoon vinegar
1 cup diced cucumber, celery, or cooked green vegetables
1 cup sliced radishes
½ cup sliced carrots
¼ cup chopped green pepper

Dissolve gelatin in hot or warm water, stirring until thoroughly dissolved. Add cold water, salt and vinegar. Cool until mixture starts to thicken. Stir in vegetables and turn into molds rinsed with cold water. Chill until firm. Serve on leaf lettuce, on shredded cabbage, or on mixed greens with cooked salad dressing, or French.

This salad, too, can be molded in a ring mold and the center filled with meats or with fish moistened with mayonnaise.

Apple Luncheon Salad

1 tablespoon plain, unflavored gelatin
½ cup cold water
1 cup hot water
¼ cup sugar or honey
¼ teaspoon salt
3 tablespoons mild vinegar or lemon juice
2 apples, medium size
½ cup chopped celery or cabbage
¼ cup chopped nut meats (may be omitted)

Sprinkle gelatin over surface of cold water. Let stand five minutes. Stir in hot water, add sugar or honey and salt, and stir until all are dissolved. Add vinegar or lemon juice. Place to cool until mixture starts to thicken. Then stir in apples, diced, but not pared, celery and nut meats—walnuts, pecans, or peanuts may be used. Turn into molds rinsed with cold water. Chill until firm. Serve on lettuce or mixed greens, with French dressing or with the cooked dressing. If desired, this salad may be molded in a ring mold, the center filled with cottage cheese, thus making a satisfying luncheon dish.

Pickled Beet Salad

1 package lemon flavored gelatin
1¾ cups hot or warm water
3 tablespoons vinegar
¼ teaspoon salt
1 tablespoon sugar
1 teaspoon minced onion
1 tablespoon grated horseradish
½ cup chopped celery, celery cabbage, cabbage, or cauliflower
3 tablespoons chopped green pepper (may be omitted)
1 cup sliced or chopped beets

Dissolve gelatin in hot or warm water. Add vinegar, and seasonings. Cool, until mixture starts to congeal, then add vegetables. Turn into molds rinsed with cold water and chill until firm.

Molded Grapefruit and Celery Salad

1 tablespoon plain unflavored gelatin
¼ cup cold water
½ cup boiling water
⅓ cup sugar, honey, or maple sirup
¼ cup orange juice
¾ cup grapefruit juice
Pulp 1 grapefruit
¾ cup diced celery

Add gelatin to cold water and let stand five minutes. Add boiling water and stir in sugar or sirup.

Let cool, then add the strained orange and grapefruit juice. Pour a small amount of the gelatin into large or individual molds. Let stand until it starts to thicken, then arrange grapefruit sections in it. Distribute celery over grapefruit and garnish, if desired, with strips of green pepper. Pour in remaining gelatin mixture carefully. Chill until firm. Serve on mixed greens with cooked, French, or maple dressing. Serve as a dinner or luncheon dessert salad.

Canned fruits may be used in place of the fresh. For example, substitute canned peaches and peach sirup, omitting sugar or honey, and using two tablespoons lemon juice or vinegar. Pears, white or red cherries, may be used the same way.

Jellied Meat Loaf

FIRST LAYER

1 package lemon flavored gelatin
1 cup hot or warm water
¾ cup cold water
2 tablespoons lemon juice or vinegar
¼ teaspoon salt
¼ cup chopped green pepper
¾ cup finely chopped cucumber, celery, cauliflower, or cabbage
½ cup diced uncooked carrots or cooked peas

Other vegetable combinations may be used.

Empty gelatin into a mixing bowl. Stir in hot or warm water, stirring until gelatin is dissolved. Add cold water, lemon juice, or vinegar and salt. Cool until mixture starts to thicken, then stir in vegetables. Have a loaf pan lightly greased or rinsed with cold water. Pour in gelatin mixture. Place to chill and thicken while preparing second layer.

SECOND LAYER

1½ tablespoons plain, unflavored gelatin
½ cup cold water or meat stock
1½ cups tomato juice
½ teaspoon salt
1 slice onion (may be omitted)
2 cups diced cooked meat or shredded fish (chicken, ham, pork, veal, lamb, white fish, or similar)

Sprinkle gelatin over surface of cold water. Heat tomato juice to boiling point, with salt and onion. Remove onion. Stir in gelatin, stirring until it is dissolved. Cool until mixture starts to thicken, then stir in meat, and pour over first layer. Place to chill.

When serving, remove from molds to a platter lined with salad greens. Garnish with radishes, celery or rhubarb curls, and asparagus tips. Serve with cooked dressing or mayonnaise.

MENU SUGGESTION. Hot rolls, or toasted cheese bread, will complete the main course for this supper. Serve a fruit cake or pudding for dessert.

Cottage Cheese Loaf

3 cups cottage cheese
2 tablespoons plain, unflavored gelatin
¼ cup cold milk
¼ teaspoon salt
3 tablespoons chopped olives or pickle
2 tablespoons chopped chives, or 1 tablespoon chopped onion
¾ cup mayonnaise
½ cup cream or evaporated milk, whipped

Mash lumps from cottage cheese. Add gelatin to cold milk, let stand five minutes. Dissolve by holding over hot water. Blend a small portion of the cheese with the gelatin, then add to the entire portion, blending it in well. Fold in seasonings and remaining ingredients. Turn into a loaf pan lined with waxed paper. Chill until firm.

When serving, remove to a platter lined with salad greens. Garnish with radishes, celery curls, asparagus tips, and mixed vegetables or fruits, thus making a one dish supper or luncheon.

SALAD DRESSINGS

The dressing on the salad has much to do with its success. Its richness may enhance that of the ingredients with which it is used, or its piquancy augment their crispness and zest. Prepared dressings offer a variety of flavors and kinds. And there are those to mix at home. With the price of salad oils in the upper brackets and the supply not too plentiful, we are particularly interested in the dressings that are saving of it. Grandmother's sour cream dressing, and others of a similar nature, are coming back into popularity.

French dressing is the most commonly used of the dressings now. We have come to like it on green salads, on fruits, with vegetables and meats. It has many variations, but no substitutions for its main ingredient, oil.

Standard French Dressing

1 cup salad oil
½ cup vinegar
1 teaspoon salt
¼ teaspoon pepper

Combine ingredients, shake or beat well just before using.

POPULAR VARIATIONS

Use part lemon juice and part vinegar.

Use a herb or wine vinegar with the lemon juice.

Sweetening in the form of sugar, sirup, or honey may be added.

Rub dressing jar with a cut glove of garlic, or drop the garlic into the dressing while mixing, and then remove.

Add grated onion.

HERB DRESSING. Add one-half teaspoon chopped fresh mint, one-eighth teaspoon tarragon, one tablespoon chopped chives, a suggestion of dried marjoram and of chervil. One teaspoon to one tablespoon sugar, too, may be added to the dressing.

BLUE CHEESE DRESSING. Crumble one-third cup Blue cheese. Blend in two-thirds cup French dressing.

Honey Fruit Dressing

Clove garlic (may be omitted)
¼ teaspoon salt
¼ teaspoon paprika
½ teaspoon chopped mint leaves (may be omitted)
⅓ cup strained honey
¼ cup lemon juice
½ cup salad oil

Rub bowl with cut glove of garlic, if using it. Combine salt, paprika, and mint in a mixing bowl. Stir in honey. Add lemon juice gradually, beating it in well. When thoroughly mixed, add salad oil gradually, beating it in. Whip or shake just before using. Part lemon juice and part vinegar may be used.

Spicy Honey French Dressing

1 teaspoon grated onion (may be omitted)
⅓ cup honey
½ teaspoon salt
⅓ cup tomato catsup
1 cup salad oil
¼ cup vinegar

Combine onion, honey, and salt in a mixing bowl. Stir in tomato catsup. Add oil, one tablespoonful at a time, beating it in as added. Add vinegar slowly, beating it in also. Store in jar and shake just before using.

Sour Cream Salad Dressing

1 tablespoon sugar or honey
¼ teaspoon mustard (may be omitted)
Dash pepper
1 cup sour cream
1 tablespoon vinegar or lemon juice

Combine dry ingredients. Blend into sour cream. Stir in vinegar or lemon juice.

Cream Dressing

⅓ cup evaporated milk
2 tablespoons orange juice
2 tablespoons lemon juice
1 tablespoon sugar or honey
¼ teaspoon salt

Combine ingredients in order named. Add chopped herbs, if desired. Use on fruit salad, shredded cabbage, mixed vegetables, or fruit.

Cooked Salad Dressing

¾ cup milk
2 tablespoons flour
½ tablespoon sugar
1 teaspoon salt
1 teaspoon mustard
Few grains pepper
2 egg yolks
1 tablespoon butter or margarine
¼ cup mild vinegar

Scald milk. In a small bowl combine flour, sugar, salt, mustard, and pepper. Stir in hot milk gradually, stirring to make

a smooth paste. Return to double boiler. Cook over boiling water, stirring constantly, until thickened and smooth, and then only occasionally, until starch is thoroughly cooked, about fifteen minutes. Stir hot milk mixture slowly into beaten egg yolks. Cook two minutes longer. Add butter in small pieces, stirring it in. Last, stir in vinegar slowly. Turn into a bowl to cool. When using, thin with milk or with fruit juice.

Maple Fruit Dressing

2 tablespoons sugar
2 tablespoons flour
½ cup maple sirup
2 egg yolks
¼ teaspoon salt
1 tablespoon grated lemon rind
⅓ cup lemon juice
¾ cup cream or evaporated milk, whipped

Combine sugar and flour in the top part of a double boiler. Add maple sirup gradually, stirring it in. Cook over boiling water until mixture thickens and is clear. Beat egg yolks with salt and lemon rind. Stir hot mixture into them slowly, and add lemon juice in the same way. Return to double boiler to cook two minutes longer. Remove from heat, and place to cool. Fold in cream or evaporated milk just before using.

Condensed Milk Mayonnaise

⅔ cup sweetened condensed milk
¼ cup lemon juice or vinegar, or a combination of the two
¼ cup salad oil or melted butter (cooled)
1 egg yolk
½ teaspoon salt
1 teaspoon dry mustard

Measure ingredients into a mixing bowl. Beat with a rotary beater until it thickens. Chill in refrigerator before serving. This amount makes one and one-fourth cupfuls.

Horseradish Dressing

Blend two tablespoons grated horseradish into the mayonnaise dressing given above.

Thousand Island Dressing

To one and one-fourth cups mayonnaise add two teaspoons lemon juice, two-thirds cup Chili sauce, 6 olives sliced, and one tablespoon chopped green pepper.

Mayonnaise Dressing

½ teaspoon dry mustard
1 teaspoon sugar
½ teaspoon salt
½ teaspoon paprika
Dash cayenne
2 egg yolks
2 tablespoons lemon juice
2 tablespoons vinegar
1½ cups salad oil

Measure seasonings (the mustard may be omitted if a very mild-flavored dressing is desired) into the mixing bowl, which should be cool but not too cold. Mix together.

Break eggs, separate, and put yolks into bowl with seasonings.

Prepare lemon juice and measure. Measure vinegar and put in readiness. Measure salad oil.

Beat yolks with spices until they are thick and lemon colored. Add one tablespoon lemon juice slowly, about one teaspoonful at a time, beating it in well before adding the next. Now add one tablespoon oil very, very slowly, almost drop by drop at first, beating it in as it is added. Continue adding oil gradually, beating it in until about one-third of the amount has been added.

Add remaining tablespoon lemon juice slowly, beating it in. From this time on the oil may be added more quickly, about one tablespoonful at a time, beating each addition in thoroughly before the next is added. Add vinegar gradually, too, alternating it occasionally with the oil, beating it in, as it is added. When the last of the oil is added, beat well. It should be fluffy, thick, and satiny smooth.

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Desserts

DESSERTS are stream-lined by the times. With restrictions, limited and in some instances depleted supplies of ingredients, the rich and luscious desserts we have known in the past and which have not been too good for the waist line, are giving way to simpler dishes. The bowl of fresh fruits, with plates and fruit knives, are once again taking an honored place for finishing off the meal. So is the cheese plate with crisp wafers. Apple sauce, stewed and canned fruits, are making their bid for popularity. And there are the Indian and rice puddings of grandmother's day.

We start, then, with the fruits and, first of all, the one which, more than any other, changed the history of man, the apple.

APPLES AND DISHES USING THEM

BUYING. In summer, we buy first the YELLOW TRANSPARENT, that makes excellent sauce and is nice to fry with bacon for breakfast. It is followed by the DUCHESS, ASTRACHAN, WILLIAM, all good cooking apples, and the GRAVENSTEIN, which is also an eating apple.

Fall brings the JONATHAN, bright red apple, delicious in flavor, good for sauce, for baking, for pies, and for eating; GRIMES GOLDEN, that ranges from pale to deep yellow, which is noted for its excellent flavor and may be used in pies, for baking, and in sauce; the MCINTOSH, SNOW, and WEALTHY are three all purpose apples; the FALL PIPPIN, MAIDEN BLUSH,

TOMPKINS KING are three good cooking apples, for sauce, and for pies. The latter, too, is excellent for baking.

Winter apples are: DELICIOUS, most famed of the eating apples, poor for sauce, but fine for baking and for pies; SPITZENBURG, WINESAP, YELLOW NEWTON, BALDWIN, NORTHERN SPY, WINTER BANANA, WAGENER, are all around apples, good for eating, for sauce, baking, and in pies; for baking, the TOLMAN SWEET, STAYMAN, ROME BEAUTY hold their shape well; while for sauce and pies, the apples which will cook tender in a short time are the STAYMAN, YORK IMPERIAL, RHODE ISLAND GREENING, NORTHWESTERN GREENING, ARKANSAS BLACK, and STARK.

IN BUYING APPLES, look for clearness of color. If boxed, read the information on the box as to grade, variety, and size.

STORING APPLES. Sort apples carefully that are to be stored. Underripe and overripe fruit should be used in cooking, or canned. Store the perfect fruit in baskets or boxes, in a cool, moist place, away from strong odors.

Apple Sauce

Select a variety of apple that cooks quickly. Four to six apples will make enough sauce for four. Wash, core, and slice. Put into a saucepan, adding enough water to cover the bottom of the pan by about one-half inch. Cover pan and cook until transparent and broken up. Force through a colander, add just enough sugar, about one-fourth cupful to four apples. The sugar may be white or brown. Corn sirup or honey may be used instead. Add a few grains of salt.

VARIATIONS

Part orange or other fruit juice, or cider, may be used for cooking the apples.

Spices, chopped mint or other herb, may be added to the sauce with the sweetening.

Apples may be pared before cooking, then sweetening added when they are tender. Straining then is not necessary.

Glazed Apple Rings

1 cup sugar or
½ cup sugar
and
½ cup corn sirup
¾ cup water
Few grains salt
1 tablespoon butter or margarine
4 large tart apples (those that are good for baking)

Make a sirup of sugar, water, sirup, and salt. Boil five minutes. Wash, core, and cut apples in half to three-quarter inch slices. Place in a shallow baking dish which has been greased. Add fat to sirup, pour over apples, and bake in a moderate oven, 350 degrees Fahrenheit, until tender. Uncover during the last few minutes of making. Serve hot with meat, or cold, in salads, or the centers filled with cottage cheese, for dessert.

NOTE. If other foods are not being baked, the apple rings may be cooked a few at a time in the hot sirup, drained onto a platter, the sirup cooked down and poured over them. In which case use a full cup of water in the starting.

Baked Apples

Select a variety of apples good for baking. Wash and core, but do not remove the blossom end. Place in a shallow baking dish. Fill center with sweetening, dot over with butter or margarine, sprinkle with a few grains of salt, add a small amount of water and bake in a moderately hot to a hot oven, 375 to 400 degrees Fahrenheit, until tender.

SWEETENING FOR THE APPLE. Use sugar, white or brown, for the center of the apple; honey, the strained or with comb; maple sirup or maple sugar; orange marmalade, or other jellies, or preserves, with additional sugar or sirup.

STUFFED BAKED APPLES. Use dried fruits for the center of the apple. Diced dates, raisins, or prunes that have been soaked or cooked, apricots, dried peaches. Less sweetening will be needed with these fruits.

Apples stuffed with oatmeal or other cooked cereal, with a few raisins or currants added, make a delicious Sunday breakfast dish, or supper dessert for the children.

BAKED APPLES WITH APRICOT SAUCE. Bake apples in the usual manner. Serve with strained apricot sauce, made by straining cooked dried apricots, cooking the purée down quite thick, and sweetening to taste, with sugar, maple sirup, honey, or corn sirup.

Fried Apples

Wash, quarter, core, and slice apples, allowing one or two to a serving. Panfry bacon first if that is to be served with the apples, or use bacon fat. For four apples melt two tablespoons fat in a frying pan, put in apples, and cook over a low heat three to five minutes, until light brown. Add boiling water to cover the bottom of the pan. Sprinkle with sugar or with sirup, allowing about one tablespoon sugar to the apple. Cover and cook until apples are almost tender, about ten minutes. Remove cover and finish cooking, about five minutes longer. Nice for the summer breakfast, or to serve with the meat course.

Apple and Peanut Butter Scallop

Wash, core, and slice apples. Put in layers in a greased baking dish, sprinkling each layer with brown sugar, or using part white sugar and part molasses. Do not make too sweet. Dot over with peanut butter. Fill baking dish, alternating layers of apple, sweetening, and peanut butter. Add a very small amount of water. Cover and bake in a moderate oven, 350 degrees Fahrenheit, until apples are almost tender, about one hour. Then remove cover, sprinkle buttered crumbs or flaked cereal over the top, and return to oven to bake until top is nicely browned. Serve with top milk or with a soft custard sauce.

Oatmeal Apple Pudding

1 cup cooked rolled oats
⅔ cup apple sauce
1 egg
2 tablespoons brown sugar
Few grains salt
½ teaspoon mixed spices or grated orange rind

Blend cooked cereal with apple sauce. Separate egg. Add yolk to first mixture with brown sugar mixed with salt and spices. Beat well. Fold in stiffly beaten egg white. Turn into a greased baking dish. Bake in a moderate oven, 350 degrees Fahrenheit, until firm and nicely browned. Serve with plain cream. Serves three or four.

Applesauce Soufflé

1½ cups apple sauce
⅓ cup currant jelly or other jelly or preserve
2 eggs
¼ teaspoon salt
2 tablespoons sugar or 3 tablespoons corn sirup
½ cup coarsely chopped nut meats

Use a shallow baking dish. Spread apple sauce in the bottom. Cover with jelly or preserves. The jelly should be beaten to break into small bits. Separate eggs. Beat whites with salt until stiff and they stand up in peaks. Add sugar gradually, beating it in. Beat egg yolks, fold into whites. Fold in nut meats. Spread over jelly. Bake in a moderate oven, 350 degrees Fahrenheit, until soufflé on top is firm and nicely browned, twenty to twenty-five minutes. Serve immediately, or it may be served cold. Serves four.

Apple Brown Betty

2 cups bread or graham cracker crumbs
¼ cup melted butter or margarine
3 or 4 medium apples
1 tablespoon lemon juice
½ teaspoon grated lemon rind
¼ cup sugar, white or brown, or honey
½ cup hot water

Grease a baking dish. A moderately hot oven, 375 degrees Fahrenheit, is needed.

Cover bottom of dish with crumbs. Arrange over half the apples over the crumbs. Sprinkle with half the sugar, lemon juice, and grated rind. Cover with a second layer of crumbs. Add remaining apples and sweetening. Cover with remaining crumbs. Add water to moisten. Bake in preheated oven, 375 degrees Fahrenheit, until apples are tender, thirty to forty minutes. Serve warm or cold with top milk, cream, or a soft custard sauce. Serves four. Honey, maple sirup, or corn sirup may be used for sweetening.

VARIATIONS

BLUEBERRIES may be used in place of apples.

CHERRY BROWN BETTY. Use fresh or canned cherries.

CRANBERRY BROWN BETTY. Use cranberries, slicing them. Omit lemon rind and juice. Use more sugar or sirup.

PEACH BROWN BETTY. Use sliced peaches, fresh when in season, canned or cooked dried, when not.

PRUNE AND ORANGE BROWN BETTY. Use plump, cooked, and seeded prunes, in place of apples, sprinkling them with brown sugar, then covering with a layer of orange marmalade. Or omit marmalade and use grated orange rind and orange juice.

Apple Delight

4 small ripe apples
1 cup flour
2 teaspoons baking powder
2 tablespoons sugar
½ teaspoon salt
1 egg
½ cup milk
2 tablespoons melted butter or margarine

Grease eight muffin pans. A moderately hot oven, 375 degrees Fahrenheit, is needed. Pare, halve, and core apples. Sift flour, measure, and return to sifter. Add baking powder, sugar, and salt as each is measured. Beat egg in mixing bowl, add milk, beating it in. Add dry ingredients all at once. Stir enough to moisten them well, but do not over stir. Add melted fat. Turn into muffin pans. Place an apple half on each, core side up. Fill center of apple with brown sugar, sprinkle lightly with mixed spices, and fleck a small amount of butter or margarine over them. Bake about thirty minutes until apples are tender and cakes are baked. Serve plain or with cream.

Broiled Grapefruit

Halve grapefruit. With a sharp knife cut out the core. Loosen sections, discard seeds. Put brown sugar, white sugar, maple sirup, or honey in the center. Sprinkle with cinnamon and nutmeg, if desired. Dot over with butter, using about one-third teaspoon to the grapefruit half. Cook under broiler ten or fifteen minutes until heated through and browned on top.

If you like the flavor of wines or liquors, put a tablespoonful of sherry, of rum, or other liquor, in the grapefruit before or after broiling.

Grapefruit with Meringue

Prepare grapefruit as in above recipe. Sprinkle with sugar or with sirup and place in a baking pan. Bake ten minutes in a hot oven, or cook under the broiler. Top each half with a spoonful of meringue made by beating one egg white with a few grains of salt, and adding two tablespoons sugar or corn sirup. Return to broiler or a moderate oven, 350 degrees Fahrenheit, to bake the meringue about ten minutes. Serve hot.

Orange Ambrosias

1. Remove rind from oranges. Cut in thin slices or section. Arrange in a serving bowl or on serving plates, with grated fresh coconut betwen the layers and over the top.

2. Sprinkle crushed peanut brittle over the orange slices.
3. Sprinkle oranges with crushed peppermint candy.
4. Use oranges with other fruits, as apples, berries, sliced peaches, canned or fresh, sliced pears, slices of melon, or cherries.
5. Use crumbled macaroon or cookie crumbs instead of coconut.

Broiled Peaches with Mint

Wash and dry fresh peaches, or use canned peach halves. Peel fresh peaches, cut in halves. Brush with melted butter. Place on a greased baking sheet. Sprinkle either canned or fresh peach halves with sugar. Broil until heated through and lightly browned, turn, sprinkle other side with sugar, dot over with butter or margarine. Brown that side. Sprinkle with fresh mint. Serve with roast lamb, or with a soft custard sauce for dessert.

Peaches Delicious

2 cups canned sliced peaches
4 tablespoons butter or margarine
⅓ cup sugar
Few grains salt
¼ teaspoon grated orange rind
¾ cup flour

Put peaches into a greased baking dish with a small amount of their sirup. Quick frozen or cooked dried may be used. Cream fat, add sugar, salt, orange rind, to it gradually, blending them in. Blend in flour. Sprinkle crumbled mixture over the top. Bake in a moderately hot to a hot oven, 375 degrees Fahrenheit, until nicely browned on top. Serve plain, with cream, or with peach sirup cooked down with a small amount of sugar or honey. Serves four.

WITH OTHER FRUITS. Sliced apples may be used. In which case, moisten them slightly with water. Cover with topping and bake in the same way. Canned or stewed cherries, plums or other fruit can be used.

Peach and Honey Casserole

6 fresh peaches or
2 cups canned, quick frozen, or cooked dried
¼ cup honey
1 teaspoon grated orange rind
2 teaspoons butter
1 cup all purpose flour
½ teaspoon salt
2 teaspoons sugar
3 tablespoons fat
½ cup milk

Peel and slice peaches, if using fresh. Or place the prepared in a greased baking dish. Drizzle honey over the top. Sprinkle with spices or with grated orange rind. Dot over with butter or margarine.

Prepare a batter, sift flour, measure, and sift into a mixing bowl with baking powder, salt and sugar. Work in fat with a pastry blender or the tips of the fingers. Add milk, tossing dry ingredients to bring them into contact with the moisture. Drop from a spoon onto the prepared peaches. Bake in a hot oven, 425 degrees Fahrenheit, until fruit is tender and crust is nicely browned. Serve plain, or with cream.

Sliced Peaches in Plum Juice

1 cup sugar or
½ cup sugar
and
½ cup honey
¼ cup water
6 red plums
4 or 5 fresh or canned peaches

Make a sirup of sugar, honey, and water. Boil five minutes. Add plums (canned may be used), and cook until the skins burst and juice is red. Strain out plums. Force through the strainer and add to sirup. Place to chill. Put peaches (freshly sliced, canned, quick frozen, or cooked dried) into serving dishes. Pour plum mixture over them. Chill thoroughly.

WAYS WITH MELONS AND SUMMER FRUITS

Fill cantaloupe halves with seeded sweet cherries, which have been sweetened ever so slightly and sprinkled with lemon juice.

Fill cantaloupe halves with ice cream, and over the cream put lightly sweetened blueberries.

Cantaloupe slices or halves filled with seedless grapes, sprinkled with lemon juice and chopped fresh mint, are delightfully refreshing on a warm day.

Fill cantaloupe halves with lemon ice or sherbet and serve plain, or with crushed red raspberries over all.

STRAWBERRIES AND CHEESE. Rice one or two packages of cream cheese, or use cream cottage cheese, putting it into the center of serving plates or bowl. Arrange perfect strawberries around the edge. Serve with crisp crackers for dessert.

MINTED BERRIES. Wash, drain, and hull berries. Pile into a serving bowl or into serving dishes, sprinkle lightly with lemon juice, with sugar, or with honey and with finely chopped mint.

Pears Baked with Honey

Peel fresh pears, halve, and remove cores. Arrange cut side up in a greased baking dish. Fill center cavities with honey, dot over with butter or margarine, sprinkle with grated orange rind. Add orange juice or water to cover the bottom of the pan. Bake until pears are tender. Cover for the first part of the baking.

Pear Pan Dowdy

Line a baking dish with thickly buttered slices of bread, placing the buttered side down. Over the bread arrange slices of fresh pears, almost filling the dish with them. Or use canned pears. Grate a little nutmeg or orange rind over them. Mix one-half cup honey with one-half cup milk, add one beaten egg. Pour over pears. Cover with additional slices of bread placed buttered side up. Cover, and bake in a moderate oven, 350 degrees Fahrenheit, for twenty minutes, then remove cover and continue to bake until top is browned and fruit is tender, ten to twenty minutes longer.

Golden Glow

6 canned or cooked apricot halves
2 cups milk
3 tablespoons sugar
1 teaspoon vanilla
1 rennet tablet
1 tablespoon cold water
1 egg white
⅓ cup apricot pulp
¼ teaspoon salt
3 tablespoons sugar

Place on a tray four or five dessert glasses ready for filling. Drain apricot halves from sirup. Cut in strips and arrange in the bottoms of glasses.

Prepare rennet custard. Turn milk into a saucepan, add sugar and vanilla. Heat slowly to lukewarm, stirring constantly. To test, let a drop fall on the inside of the wrist. If it feels neither hot nor cold it is the correct temperature.

Have rennet tablet dissolved in cold water. Remove milk from heat, stir in rennet tablet, and stir quickly a few seconds only, just enough to mix well. Pour at once, while still liquid, into dessert glasses. Let glasses stand undisturbed until the custard thickens, about ten minutes, then place in refrigerator to chill.

When ready to serve, beat egg white, fold in apricot pulp mashed with salt and sugar. Beat together thoroughly. Put a spoonful on top of each custard and decorate with additional small pieces of apricot.

Prune Soufflé

⅔ cup prune pulp
⅓ cup sugar
2 teaspoons lemon juice
2 egg whites
Few grains salt

Crush prune pulp and sugar together with a fork, stirring until the sugar is dissolved. Add lemon juice. Beat egg whites with salt. Fold in prune pulp. Serve as is with a soft custard sauce, or turn into a greased baking dish, set the dish in a pan of hot water, and bake in a moderate oven, 350 degrees Fahrenheit, until firm, about forty-five minutes.

Norwegian Prune Pudding

½ pound prunes
2 cups warm water
1 cup sugar or
½ cup sugar and ½ cup honey or
¾ cup corn sirup
Few grains salt
5 tablespoons cornstarch
1⅓ cups boiling water
1 teaspoon grated orange rind or
1 stick cinnamon
1 teaspoon lemon juice

Cover prunes with warm water and simmer until tender. Drain from water, saving it. When prunes are cool enough to handle, remove pits. Combine prunes and sirup.

In the top part of a double boiler, measure sugar (or honey or sirup), salt, and cornstarch. Mix well. Stir in boiling water slowly. Cook over a low heat, stirring constantly, until mixture is thickened and smooth. Add prune mixture, orange rind, or cinnamon, and continue cooking until starch is thoroughly cooked, about eighteen minutes. Remove from heat, add lemon juice, and turn into a bowl or into serving dishes to cool. Serve with plain cream.

WAYS WITH DRIED FRUITS

Dried fruits are concentrated food value and flavor. Dried apricots are particularly rich in iron and offer vitamin A, along with thiamin and riboflavin. Dates, figs, raisins are also good sources of iron. Figs are rich in thiamin and riboflavin.

Improved methods of preparation and drying have speeded the preparation and cooking of dried fruits. Some of the packaged fruits have been pasteurized. They do not require washing before using. Others should be washed in warm water and well drained.

Cooking Apricots

Wash well, put into a kettle, cover with water, allowing two cups water for each cup of fruit. Heat to boiling, cover, and simmer until tender, thirty to forty minutes. During the last five minutes of cooking add one-fourth to one-half cup sugar, or their equivalent plus few grains of salt. Cook without cover during the last few minutes.

Cooking time and, therefore, fuel can be cut down to a minimum by soaking the fruit, then cooking, or putting it into an open casserole and baking when other foods are to be baked.

Dried Apples and Pears

Wash, remove particles of cores. Cover with water, cover pan and cook until tender, thirty to forty minutes. Or soak and cook a shorter time. Sugar may be added during the last few minutes of cooking. One-fourth to one-half cupful, or their equivalent, will be sufficient.

Figs

Rinse well. Cover with water and cook, covered, twenty to thirty minutes. Allow one tablespoon sugar to the cup of figs, and add during the last part of the cooking. A slice or two of orange or lemon cooked with the fig adds goodness.

Peaches

Rinse peaches well. Cover with water. Boil five minutes. Drain off water, slip off skins. Cover with fresh water and cook until tender, about forty-five minutes. Allow one-fourth cup sugar and a few grains salt, during the last few minutes of cooking.

Prunes

In buying prunes select the size which best meets the needs. For serving plain or in salads, the largest, 20's to 30's or 40's, are best to buy. For puréeing, the sizes which sell at less per pound, the 70's or 80's, may be used.

Rinse prunes, cover with water, and cook covered until tender, from forty-five minutes to an hour. Or prunes may be soaked, then heated slowly.

No sugar is needed. A slice or two of orange, or the rind, cooked with prunes, lends flavor.

RHUBARB

In buying rhubarb select stalks that are fresh and crisp looking. Wash first and cut into inch or half-inch pieces. Do not peel, unless the skin seems tough, as is sometimes the case in old rhubarb.

Stewed Rhubarb

Put rhubarb into a pan, sprinkle with sugar or sirup, allowing between one-half and three-fourths cup to the pound of rhubarb. A slice or two of orange or lemon adds flavor. Add one-fourth cup water. Cover pan and heat slowly until a sirup is formed. Remove cover and cook gently until rhubarb is tender, about twenty minutes.

Baked Rhubarb

The cooking of rhubarb may be done in the oven, omitting the water. Cover and bake for fifteen minutes. Remove cover and continue cooking, about fifteen minutes longer.

THE CUSTARDS AND PUDDINGS

Custards and puddings lend to the dietary the goodness of the milk, eggs, and fruit that are used in making them. Generally speaking, the plain custards and puddings "go best" with the meal that has been rather highly flavored.

Baked Custard

2 cups milk
3 eggs
¼ teaspoon salt
¼ cup sugar, honey, or maple sirup
½ teaspoon vanilla

This will make four or five average sized custards. Scald milk in the top part of a double boiler. Beat eggs with salt and sweetening. Stir in scalded milk slowly. Add flavoring. Turn into greased custard cups or pan, set in another pan of hot water, and bake in a moderate oven, 350 degrees Fahrenheit, until firm. To test for doneness, insert a clean knife in the center of one of the custards. If it comes out clean, the custard is done. Remove from oven and from hot water. Place on a rack to cool.

VARIATIONS

Custards may be served in the cups in which they are baked, or removed to serving dishes and served plain or with crushed or preserved fruit poured over them. A colorful and inviting dessert is made by pouring crushed, canned, or quick frozen strawberries or raspberries over the custard just before serving.

Chocolate Custard. Melt one ounce chocolate with milk when it is scalded. Beat to mix well.

Maple Custard. Omit sugar, use one-half cup maple sirup and one and one-half cups milk instead of two.

With Brown Sugar or Molasses. Try using brown sugar or molasses in place of sugar.

Apple Custard. Scald one and one-half cups milk. Add to beaten eggs with three-fourths cup sweetened apple sauce. Bake in the usual way.

Rice Custard. Two tablespoons cooked rice may be put into each custard cup.

Fruit Custard. One or two tablespoons dried fruit, as raisins, dates, or figs, may be put into each cup.

Rennet Custard

1 rennet tablet
1 tablespoon cold water
2 egg yolks
3 tablespoons sugar
Few grains salt
2 cups milk
1 teaspoon vanilla

Set out five or six custard cups or sherbet glasses. Dissolve rennet tablet in cold water. Put egg yolks into the top part of a double boiler. Beat slightly with salt and sugar. Add milk, stirring it in. Place over boiling water and heat until lukewarm, stirring frequently.

Remove from heat, stir in rennet tablet. Stir a few seconds and pour into dessert glasses. Let stand undisturbed until custard thickens. Then place carefully in refrigerator to chill.

Soft Custard

2 cups milk
3 eggs, or 4 or 5 egg yolks
¼ cup sugar, honey, or maple sirup
¼ teaspoon salt
½ teaspoon flavoring

Scald milk over hot water. Beat eggs with sweetening and salt. Stir in a portion of the hot milk, blending it in well. Turn all back into the double boiler. Cook over hot, not boiling water a few minutes, just until custard coats the spoon, not a second longer. Remove at once. Add flavoring and place to cool. Particular care must be taken to use a low heat when cooking custard and not to overcook. Either will cause curdling.

VARIATIONS

Floating Island. Save out one of the egg whites, beat it stiff with a few grains of salt and two tablespoons sugar. Fold into hot custard and turn into a bowl to cool.

Tipsy Trifle. Line sherbet glasses with slices of sponge cake. Pour soft custard, flavored with sherry, over it. Top with a dash of whipped cream or a bit of stiffly beaten egg white. Or fruit may be used for the topping, such as a spoonful of jam or jelly.

As a Sauce. Soft custard is nice to use as a sauce over fruits, cottage puddings, and cakes.

Bread Pudding

2 cups milk, scalded
1 cup soft bread crumbs or cubed dry bread
2 tablespoons butter or margarine
1 or 2 eggs, or 2 or 3 egg yolks
¼ teaspoon salt
¼ cup sugar, brown or white, or honey
½ teaspoon flavoring

Scald milk. Grease a small baking dish (this amount serves four). Bread crumbs should be dry, but not stale. It is better not to use crusts. Add butter or margarine to crumbs. Add scalded milk and let stand until it has cooled slightly, from five to ten minutes. Stir in salt and sugar and add beaten eggs. One egg will serve nicely, two eggs make a richer pudding. Or the egg yolks may be used. Add flavoring. Turn into prepared pan, or into individual custard cups. Set in a pan of hot water. Bake in a moderate oven, 350 degrees Fahrenheit, until firm, about one hour. Test as for baked custard, by inserting a clean knife, and if it comes out clean, without custard adhering to it, the custard is done.

VARIATIONS

Chocolate. Put one square or ounce of bitter chocolate in with milk when scalding it.

Maple. Use one-third cup maple sirup for sweetening, and reduce milk by one-third cupful.

Fruit. Add one-fourth to one-half cup raisins, diced figs or dates, or cooked prunes, to pudding.

With Jelly and Meringue. Spread jelly over pudding after baking. Top with a meringue made by beating one egg white, adding a few grains of salt to it, and beating in two tablespoons sugar gradually. Return pudding to oven to brown meringue. A moderate oven, 350 degrees Fahrenheit, for fifteen minutes, is needed.

Chocolate Crumb Pudding

2 cups milk
1 ounce bitter chocolate
2 cups cake crumbs
2 egg yolks
¼ teaspoon salt
1 tablespoon sugar
½ teaspoon vanilla
2 egg whites
2 tablespoons sugar

Scald milk with chocolate. Beat to blend well. Pour onto cake crumbs. Let stand until crumbs are soft. Beat in egg yolks, salt, sugar (first amount), and flavoring. Turn into a greased baking dish. Set in another pan of hot water. Bake in a moderate oven, 350 degrees Fahrenheit, until firm. Remove from heat, frost over with meringue made by beating egg white stiff, adding sugar (second amount) gradually, beating it in. Return to oven to brown the meringue, about fifteen minutes longer.

Blanc Mange

1¾ cups scalded milk
3 tablespoons cornstarch
¼ cup sugar, or honey
¼ teaspoon salt
¼ cup cold milk
1 teaspoon vanilla or other flavoring
2 egg whites (may be omitted)

Scald milk over hot water. Measure cornstarch, sugar, and salt in a small mixing bowl. Stir in cold milk slowly, blending it in until mixture is perfectly smooth. Stir in a portion of the scalded milk. Turn that back then into the double boiler. Cook over boiling water, stirring constantly, until mixture is thickened and smooth. Continue cooking, stirring occasionally, until starch is thoroughly cooked, fifteen to eighteen minutes. Remove from heat. Add flavoring and, when cool, fold in beaten egg whites. Turn into molds rinsed with cold water and place to chill. Serve plain or with a crushed fruit sauce. Serves six.

Chocolate Blanc Mange. Scald two ounces bitter chocolate with milk, or mix one-half cupful cocoa with two tablespoons cornstarch. Increase milk to two cupfuls, sugar or sweetening to one-third cupful.

Orange Custard

2½ cups milk, bottled or diluted evaporated
½ cup sugar or honey or
¼ cup sugar and ½ cup corn sirup
6 tablespoons flour
¼ teaspoon salt
2 eggs
1 teaspoon grated orange rind
1 tablespoon orange juice
2 tablespoons confectioner's sugar
Orange sections

Scald milk. Mix sugar, flour, and salt. Stir in hot milk gradually, blending it in thoroughly. Return to double boiler, and cook over boiling water, stirring constantly, until mixture thickens and is smooth. After that continue cooking, stirring occasionally, until starch is thoroughly cooked, about fifteen minutes longer.

Beat one egg and one egg yolk together. Add a portion of the hot mixture to it, stirring it in carefully. Return to double boiler, and cook custard two minutes longer, stirring constantly. Remove from heat. Stir in grated orange rind and juice. Cool. Beat remaining egg white, add confectioner's sugar to it. Fold into custard, and turn into a dish to cool. Garnish with orange sections and serve very cold. Serves six.

Graham Cracker Pudding

2 cups rolled graham cracker crumbs
½ cup chopped dates, raisins, cooked prunes, or apricots
½ cup broken nut meats
1 cup diced marshmallows
¼ teaspoon salt
¼ cup cream or evaporated milk
1 teaspoon vanilla

Combine ingredients in order named. Pack into a well greased mold. Chill overnight. Remove from mold and when serving, cut in slices. Top with a dash of whipped cream, if desired.

Baked Indian Pudding

4 cups milk
¼ cup sugar
⅓ cup corn meal
½ cup molasses
1 teaspoon mixed spices (cinnamon, nutmeg, cloves) or
1 tablespoon grated orange rind
½ teaspoon salt
3 tablespoons melted butter or margarine

Scald three cups milk, over hot water. Stir in sugar which has been mixed with corn meal, stirring it in gradually. Add molasses and spices. Cook over boiling water, stirring the while, until mixture has thickened and is smooth. Stir in remaining cold milk. Turn into a greased pan. Bake in a slow oven, 300 degrees Fahrenheit, three hours. Serve warm with milk or cream.

Baked Rice Pudding

⅓ cup rice
3 cups milk
⅓ cup sugar, brown or white
⅓ teaspoon salt
¼ teaspoon cinnamon or nutmeg
⅓ cup raisins

Measure rice and put into a strainer or colander. Wash by letting cold water run through it. Drain well. Turn into a greased baking dish with milk, sugar, salt, and cinnamon, or grated fruit rind. Bake uncovered in a slow oven, 275 degrees Fahrenheit. Bake until rice is tender, about three hours. Stir occasionally with a fork, during the first hour of cooking. Add raisins at the end of the first hour, and after that bake without stirring. This amount serves four.

Dates, currants, figs may be used in place of raisins.

Prune Rice Pudding

12 large cooked prunes
2½ cups cooked rice
2 cups milk, scalded
3 eggs
¼ cup sugar or honey
½ teaspoon salt
½ teaspoon vanilla or other flavoring

Arrange prunes in neat rows in a greased baking dish. Fill space between them with cooked rice. Pour scalded milk onto eggs beaten with sugar or honey, salt, and flavoring. Pour over rice and prunes. Set dish in pan containing hot water. Bake in a moderate oven, 350 degrees Fahrenheit, until custard is firm, about one hour. Insert a knife in the center for testing. If it comes out clean, the pudding is done. A mixture of dried fruits may be used, as prunes and apricots, instead of all prunes.

Cottage Pudding

1 cup cake flour
1½ teaspoons baking powder
¼ teaspoon salt
¼ cup butter, margarine or other mild fat
½ cup sugar or honey
1 egg
⅓ cup milk
½ teaspoon flavoring

Grease an eight inch pan, line bottom with waxed paper. Grease paper. A moderate oven, 350 degrees Fahrenheit, is needed.

Sift flour, measure, and sift with baking powder and salt. Cream fat, add sugar or honey to it gradually, blending it in as added. Add egg and beat until mixture is light and fluffy. Add dry ingredients alternately with milk, beating after each addition until batter is smooth, but no more. Turn into prepared pan and bake until nicely browned and cake shrinks from the sides of the pan, about twenty-five minutes. Let stand in pan a few minutes. Then remove to a cake rack to cool. Serve warm or cold, with crushed, fresh, or preserved fruit.

Washington Cream Pie

Bake cottage pudding in two layers, or split the one layer when cold. Spread center with jelly. Crush confectioner's sugar over the top.

Use chocolate filling or chocolate cream frosting.

The orange filling under cakes may be used. Top with cream.

Maple Cottage Pudding. Boil one and one-half cups maple sirup to the soft ball stage. Prepare cake batter as above. Pour sirup into the bottom of a greased baking pan. Sprinkle with nut meats, if desired. Or arrange fruit in it as for an upside down cake. Pour batter over it. Bake in a moderate oven, 350 degrees Fahrenheit, about thirty minutes.

Upside Down Cakes

Melt two tablespoons butter or margarine in a baking pan. Sprinkle with one-fourth cup brown sugar. Arrange cooked dried, canned, or fresh fruits in it. Pour batter over it and bake. Invert immediately upon removal from the oven.

Apricots and prunes arranged alternately over the bottom of the pan make a pretty dessert.

Sliced apples may be used, paring them first.

Apple rings and prunes make a tempting combination.

Cherries, fresh or canned, and nut meats, are tasty together.

Steamed Berry or Cherry Pudding

1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
¼ cup butter or margarine
½ cup sugar or
¼ cup sugar and ¼ cup honey
¼ cup milk
2 egg whites
¾ cup cherries or berries (canned or fresh)

Sift flour, measure, and sift with baking powder and salt. Cream fat, add sugar or sugar and honey. Stir in dry ingredients alternately with milk, stirring each time until batter is smooth, but no more. Fold in stiffly beaten egg whites. Grease individual molds well. Put cherries in the bottom of each. Fill two-thirds full of batter. Cover molds tightly by fastening waxed paper over the tops. Steam forty minutes. Serve with cherry sauce.

Cherry or Berry Sauce. Blend one tablespoon cornstarch with one cup sirup from canned cherries or berries. (If using fresh, heat and strain a small portion.) One-fourth cup sugar may be mixed with corn starch, or one-fourth cup honey added, or one-third cup corn sirup. Add a few grains of salt, one teaspoon butter or margarine, one tablespoon lemon juice, a bit of grated lemon rind. Cook over a low heat, stirring constantly, until thickened and clear.

Steamed Apricot Pudding

1 cup chopped dried apricots (dates, figs or prunes may be used instead)
½ cup coarsely chopped nut meats (may be omitted)
½ teaspoon grated orange rind
1 cup flour
1 teaspoon baking powder
½ teaspoon soda
¼ teaspoon salt
¾ cup graham flour
¼ cup butter or margarine
½ cup honey
1 egg
½ cup orange juice

Wash apricots and cut in strips. Coarsely break nut meats. Sift flour, measure, and sift with baking powder, soda, and salt. Add graham flour. Melt butter or margarine in a large saucepan, blend in honey, beaten egg. Add dry ingredients alternately with orange juice, stirring after each addition. Add fruit and nut meats. Turn into one large mold or into six or eight individual molds. Steam two hours, if in large mold, one hour for the small. Serve hot with cream.

Date Pudding

1½ cups graham flour
1 teaspoon baking powder
½ teaspoon soda
¼ teaspoon salt
2 cups sliced dates
¼ cup fat
½ cup molasses
½ cup milk
1 egg

Mix and sift dry ingredients. Prepare dates. Add to dry ingredients, mixing well. Melt fat, add molasses, milk and beaten egg. Stir in dry ingredients and dates. Turn into well

greased molds. Cover tightly and steam two and one-half hours for large molds, an hour and a quarter for small. This amount serves six.

Sailor's Duff

1½ cups flour
½ teaspoon soda
½ teaspoon salt
1 egg
2 tablespoons sugar
1 cup dark molasses
½ cup hot water

Sift flour, measure, and sift with soda and salt. Beat egg, add sugar, molasses and water. Stir in dry ingredients. Turn into a greased mold, or into individual molds. Cover tightly. Steam one hour. Serve with clear pudding sauce.

Clear Pudding Sauce

¼ cup sugar
½ tablespoon cornstarch
1 cup boiling water
¼ cup corn sirup or honey
⅛ teaspoon salt
1 tablespoon butter or margarine
1 teaspoon lemon juice or other flavoring

Combine sugar and cornstarch. Add boiling water slowly, stirring it in. Add sirup; all sugar or all honey may be used. Add salt. Cook over a low heat until thickened and clear, stirring constantly. Add butter and lemon juice. Serve hot.

Old Fashioned Steamed Pudding

1 cup raisins
2½ cups flour
1 teaspoon baking powder
½ teaspoon soda
1½ teaspoons mixed spices or 1 tablespoon grated orange rind
1 teaspoon salt
1 cup chopped suet
¾ cup dark molasses
¼ cup brown sugar
1 egg
½ cup chopped apple
¼ cup citron
½ cup sour milk or buttermilk

Grease two or three pound coffee cans, or one large mold. Wash and drain raisins. Sift flour, measure, and sift with baking powder, soda, spices, and salt. Chop suet. Add molasses, brown sugar, and egg to it. Blend thoroughly. Stir in apple and citron. Add dry ingredients alternately with sour milk. Add raisins. Batter should be quite stiff. Turn into molds and steam two to three hours, depending on the size of molds.

Steamed Crumb Pudding

2 cups toasted bread crumbs
1 teaspoon grated orange rind
1 cup seeded raisins
3 tablespoons butter or margarine
½ cup sugar
½ cup molasses
¾ cup buttermilk
1 teaspoon soda

Prepare crumbs. Add orange rind and raisins. Cream fat, add sugar gradually, creaming the while. Blend in molasses. Stir in bread crumb mixture. Add soda to buttermilk and stir it in last. Turn into a greased mold, filling it two-thirds full. Cover tightly and steam forty-five minutes. Serve with clear pudding sauce.

Plum Pudding

2 cups prunes
1 cup raisins
1 cup figs, dates, or mixed candied rinds
½ cup brown sugar
1½ cups chopped suet
4 eggs
½ cup molasses
1 cup soft bread crumbs
1 cup flour
1 teaspoon grated orange rind or mixed spices
½ teaspoon salt
1 teaspoon flavoring

Cover prunes with water and simmer ten minutes. Drain, remove pits, and cut into small pieces. Wash raisins and other fruits, drain well. If using candied rinds do not wash. Combine fruits, sugar, and suet. Mix well.

Beat eggs, blend in molasses. Stir into first mixture. Add bread crumbs, blending them in, and flour sifted with spices and salt, or just with salt. Add grated rind. Moisten, if necessary, with milk or prune juice.

Cover tightly and steam three and one-half hours for small puddings, and four to five hours for the large pudding. After steaming place in a slow oven, 300 degrees Fahrenheit, to dry out slightly. Fifteen to twenty minutes is sufficient for small puddings, about forty for larger ones.

Hard Sauce

Cream one-third cup butter or margarine. Blend in one cup confectioner's sugar, creaming it in well. Flavor with one teaspoon vanilla and a grating of nutmeg, or use one tablespoon brandy, sherry, or port.

FROZEN DESSERTS

Frozen desserts made at home these days are limited to those which do not make too heavy demands on cream, upon sugar, or spices. Thus, the selection simmers down to sherbets and creams with custard foundation.

In the crank freezer the best result will be obtained by using eight parts ice to one of salt. The product to be frozen should be put into the can, packed, and allowed to stand five minutes, after which it should be turned slowly until mixture starts to thicken, then the rate of turning increased to give a whipping motion and thus give lightness to the product. When product is frozen, the dasher is removed and the dessert repacked, this time using four parts ice to one of ice cream salt.

Orange Ice

(For Crank Freezer)

¾ cup sugar
¾ cup corn sirup
2½ cups water
1 teaspoon grated orange rind
1½ cups orange juice
2 tablespoons lemon juice

Make a sirup of sugar, corn sirup, and water. Boil five minutes. Wash oranges, grate rind. Add to hot sirup. Place to

cool. When cold, add orange juice, turn into freezer, chill for five minutes, then turn, slowly at first, increasing speed after orange mixture starts to thicken. Continue freezing until firm. Repack, using four parts ice to one of salt. Makes two quarts frozen.

Two egg whites beaten to a froth and added to the orange mixture as it is put into the freezer help to give lightness and smoothness.

Prune Milk Sherbet

1½ cups prunes
2 cups cold water
½ cup sugar
½ cup corn sirup
Few grains salt
2 cups evaporated milk
½ cup orange juice
¼ cup lemon juice

Wash prunes. Add water and simmer until tender. Add sugar and corn sirup and cook two minutes longer. Cool. Pit prunes and force through a strainer. There should be two cups of pulp. If not, add water. Stir in milk and fruit juices. A stick of cinnamon cooked with the prunes adds flavor. Freeze, using eight parts ice to one of salt. This makes one and one-half quarts when frozen.

DRIED APRICOTS may be used in place of prunes, in which case use two tablespoons lemon juice. One-third cup sugar should be sufficient. (Taste to make certain.)

Strawberry Milk Sherbet

1 quart strawberries
½ cup sugar
⅔ cup corn sirup
Few grains salt
1 tablespoon lemon juice
2 cups evaporated milk
2 egg whites

Wash berries, drain, and hull. Crush with sugar, corn sirup, and salt. Stir in lemon juice. Chill thoroughly. Turn evaporated milk into freezing can, chill thoroughly. Stir in strawberry mixture (there should be two cupfuls) with egg whites

beaten to a froth. Freeze, turning slowly at first and then quickly, until firm. Repack until needed.

Vanilla Ice Cream

Custard Foundation

1 quart milk
½ cup sugar
2 tablespoons cornstarch
Few grains salt
3 eggs
½ cup corn sirup
1 cup cream
1 tablespoon vanilla or other flavoring

Scald milk. Combine sugar, cornstarch, and salt. Pour on a portion of the hot milk slowly, stirring it in. Return to double boiler. Cook until thickened and smooth. Cook fifteen minutes longer, stirring occasionally. Beat eggs, add sirup to them, beating it in. Stir in hot mixture slowly. Place to chill. Add cream and flavoring. Turn into freezing can, pack in ice and salt, using eight parts ice to one of salt. Freeze, turning slowly at first and then quickly until firm.

VARIATIONS

Chocolate Flavor. Melt two ounces bitter chocolate with milk when scalding, or add one-half cup cocoa to sugar and cornstarch. Increase sugar by two tablespoonfuls.

Maple Ice Cream. Use one cup maple sirup instead of sugar and corn sirup.

Peppermint Candy Ice Cream. Crush one-half pound peppermint candy. Scald with milk. Omit other sugar or sirup.

Cinnamon Candy Ice Cream. Use cinnamon candies, one cupful, scalding them with milk.

DESSERTS FROZEN IN THE REFRIGERATOR

Quick freezing of desserts in the refrigerator helps to give smoothness. Therefore, the cold control should be set at the proper temperature for freezing some time before putting in

the mixture to be frozen. After dessert is frozen, control can be set back to a more normal position.

Lemon Milk Sherbet

½ cup lemon juice
1 teaspoon grated lemon rind
2 egg whites
Few grains salt
⅓ cup sugar
½ cup corn sirup
2 cups milk

Prepare lemon juice and rind. Beat egg whites stiff with salt. Add sugar to them gradually, beating it in. Beat in lemon rind. Add corn sirup gradually, beating it in. Blend in milk and, last, the lemon juice. Turn into freezing trays and freeze, stirring several times until firm. This amount will serve eight or ten.

Rhubarb Sherbet

4 cups cubed rhubarb
½ cup water
1 cup corn sirup
½ cup sugar
¼ cup orange juice
½ teaspoon grated lemon rind
2 egg whites
¼ teaspoon salt
2 tablespoons additional sugar or corn sirup

Prepare rhubarb. Wash and cut into short lengths. Put into a saucepan. Add water and sugar and cook until rhubarb is tender. Remove from heat; add corn sirup, fruit juices, and rind. Chill. Turn into freezing tray. Freeze to a mush. Remove to a well chilled bowl and whip until light. Beat egg whites stiff with salt. Add sugar to them, beating it in. Fold into rhubarb mixture and return to freezing trays to freeze, stirring several times until firm. Serves eight or ten.

Cranberry and Apple Ice

2 cups cranberries
1 cup water
½ cup sugar
½ cup honey
2 cups grated tart apples

Look over cranberries. Wash and put into a kettle. Add water and cook until skins burst. Force through a strainer.

Measure and add enough water to make two cups pulp and juice. Add sugar and honey. Cook two minutes. Chill thoroughly. Add grated apples. Turn into freezing trays and freeze rapidly to a mush. Remove to a chilled bowl. Whip until light. Return to freezing tray and freeze until firm. Do not store too long in the refrigerator, or the mixture will become very icy.

Raspberry Sherbet

1 package quick frozen raspberries or
1 pint fresh
⅓ cup sugar
¼ cup water
2 tablespoons orange juice
2 egg whites
¼ teaspoon salt
¼ cup corn sirup

Turn raspberries into a saucepan, add sugar and water. Heat to boiling. Strain. Add orange juice and place to chill. Beat egg whites stiff. Add corn sirup to them gradually, beating it in. Fold in raspberries. Turn into freezing trays and freeze, stirring several times until firm.

Frozen Custard

2½ cups milk
⅓ cup sugar
2 tablespoons cornstarch
¼ teaspoon salt
2 eggs
⅓ cup corn sirup
2 teaspoons vanilla or other flavoring

Scald milk. Combine sugar, cornstarch, and salt. Mix well. Pour a portion of the scalded milk onto them slowly, blending it in well. Return all to double boiler. Cook over boiling water, stirring constantly at first and then only occasionally, until starch is thoroughly cooked, fifteen to eighteen minutes. Separate eggs. Beat yolks, add hot mixture to them slowly, stirring it in. Place to chill.

Beat egg whites stiff, add corn sirup to them gradually, beating it in as added. Fold into custard mixture with flavoring. Turn into freezing trays and freeze, stirring several times

until firm. Turn cold control back when ice cream is firm. Do not try to keep too long in the refrigerator, as it will not stay as smooth as when cream is used in its making.

VARIATIONS

Cinnamon Candy Ice Cream. Add one-half cup cinnamon candies to milk when scalding. Omit other sweetening, except for two tablespoons sirup added to egg whites when beating them.

Peppermint Candy. Scald three-fourths cup peppermint candy with milk. Use two tablespoons sugar in egg whites. Otherwise no sweetening is needed.

Peanut Brittle Cream. Scald three-fourths cup crushed peanut brittle with milk.

Honey Ice Cream

2 cups milk
¾ cup honey
2 eggs
¼ teaspoon salt
1 cup cream

Scald milk. Stir in honey slowly. Separate eggs. Pour hot milk and honey slowly onto yolks beaten with salt. Place to cool. Chill thoroughly. Fold in stiffly beaten egg whites and cream, whipped to soft custard consistency. Turn into freezing trays. Freeze, stirring several times, until firm. Serves eight.

Lemon Ice Cream

½ cup sugar
¼ cup lemon juice
1 teaspoon grated lemon rind
2 eggs
¼ teaspoon salt
⅓ cup white corn sirup
1 cup evaporated milk
1 cup cream, whipped

Combine sugar, lemon juice, and grated rind. Cover, and let stand in refrigerator overnight. The next day separate eggs. Beat whites until they stand up in peaks. Add salt and corn sirup, beating the sirup in gradually. Whip cream to

custard consistency. Beat egg yolks. Blend in evaporated milk. Fold in whipped cream, beaten egg whites, and lemon mixture. Turn into freezing trays and freeze, stirring several times, until firm. Serves eight.

Chocolate Ice Cream

1 ounce bitter chocolate
⅔ cup sweetened condensed milk
⅔ cup water
Few grains salt
½ teaspoon vanilla
½ cup cream, whipped

Melt chocolate over hot water. Add sweetened condensed milk and stir over hot water until mixture thickens, about five minutes. Add water slowly, blending it in. Chill thoroughly. Add salt and vanilla. Whip cream to soft custard consistency. Fold into chilled mixture. Turn into freezing tray and freeze to a mush. Remove, beat until light, and continue freezing until firm. Serves six.

Buttermilk Sherbet

2 cups buttermilk
½ cup sugar
1 cup puréed apricots
2 teaspoons lemon juice
½ teaspoon of grated lemon rind
1 egg white
Few grains salt
2 tablespoons corn sirup

Combine buttermilk and sugar. Honey or maple sirup may be used instead. Add puréed apricots (canned or cooked dried), lemon juice, and rind. Fold in egg white beaten stiff with salt, to which corn sirup has been added slowly. Turn into freezing tray and freeze, stirring several times until firm. Serves six to eight.

Berry or Peach Ice Cream

2 cups crushed berries or peaches
⅓ to ½ cup sugar
2 eggs
3 tablespoons corn sirup
1 cup cream or evaporated milk, whipped

Crush fruit with sugar. Chill thoroughly. Separate eggs. Beat yolks with salt. Beat whites stiff, and until they stand up in peaks. Add corn sirup gradually, beating it in. Whip cream to soft custard consistency. Fold yolks into whites, fold in cream, and lastly the fruit. Turn into freezing trays, stirring several times until firm. Serves six to eight.

NOTE: Fresh, quick frozen, or canned fruit may be used. With the latter, less sugar will be required.

Cherry Ice Cream

⅔ cup sweetened condensed milk
1 cup juice from sour cherries
1 teaspoon lemon juice
¼ teaspoon grated lemon rind
⅔ cup cherries, chopped fine
1 cup cream, whipped

Into sweetened condensed milk, stir cherry and lemon juice. Add grated rind. Whip cream, fold in cherries and cherry mixture. Turn into freezing trays and freeze, stirring several times, until firm. Serves six.

Strawberry Mallobet

21 marshmallows
½ cup water
1⅓ cups crushed strawberries
1 tablespoon lemon juice
2 tablespoons orange juice
3 egg whites
Few grains salt
2 tablespoons sugar

Melt marshmallows with water in the top part of a double boiler. Remove from heat. Add berries and fruit juices. Cool until mixture starts to congeal. Beat egg whites stiff with salt. Add sugar gradually, beating it in. Fold into strawberry and marshmallow mixture. Turn into freezing tray of refrigerator and freeze, stirring several times.

Other fruits may be used in place of strawberries.

GELATIN DESSERTS

Gelatin offers a surprising number of answers to the dessert problem. Fruit and milk desserts, plain and fancy, at

moderate and at low cost, may be made with it. The flavored gelatins are saving of sugar, and the unflavored ones require only a small amount.

Since directions for using the flavored and for making foundation lemon and orange jellies from the plain, unflavored, are given on the packages, we skip them here, and give general suggestions for their use, followed by other recipes that fit into wartime meals.

Ways with Plain Gelatins

With Fruits. Serve plain gelatins in small molds surrounded with fresh fruits, or crushed fruits poured over them; or ring molds, the centers filled with the fruit. Serve plain, with cream, or a soft custard sauce.

Lemon gelatin with blackberries, raspberries, or strawberries; or a combination or red currants and red raspberries.

Lemon gelatin with pitted cherries, canned or fresh.

Lemon gelatin with melon balls or cubes.

Orange gelatin with sliced or halved canned or fresh peaches, stewed or canned plums.

Orange gelatin with sliced bananas and oranges.

Orange gelatin with sliced oranges and pitted cooked prunes.

Lime gelatin with pears for salad or dessert.

Fruits Molded in Gelatin

Fruits molded in the gelatin give another variation. The gelatin should be made according to prescribed proportions, allowed to thicken slightly, when the fruits are added, two-thirds to one cup fruit being a good proportion for two cups gelatin mixture. After fruit is added, the gelatin is allowed to stiffen, then removed from the mold by holding it for just a second in boiling water. The fruit gelatin may be served plain, with cream, or a soft custard sauce.

VARIATIONS

Cherries, molded in cherry flavored gelatin. Use part cherry juice for the liquid.

Raspberries and Sliced Peaches (*canned or fresh*), molded in raspberry or strawberry flavored gelatin.

Pears, diced or sliced fresh or canned, molded in lemon flavored gelatin. If using canned pears, use sirup for one cup of liquid.

Seedless Grapes, molded in lemon flavored gelatin, with leaves of fresh mint added, make a cool and inviting dessert.

Watermelon Balls, in lemon or lime gelatin, are nice, too.

Cooked Prunes and Apricots, molded in lemon flavored gelatin, make a tasty winter dessert.

Berry Soufflés

1 package strawberry or raspberry flavored gelatin
1 cup boiling water
1 cup finely mashed raspberries, strawberries, or finely chopped cherries and juice, canned or fresh

Dissolve gelatin in boiling water. Add fruits, sweetened slightly, if fresh. Chill until mixture starts to thicken, then whip with a rotary beater to a very stiff froth. Pile lightly into sherbet glasses. Serve plain, with cream or soft custard.

February Fruit Pudding

½ pound prunes
2 orange slices
1 package lemon flavored gelatin
1 cup hot prune juice
2 tablespoons brown sugar
¾ cup orange juice
2 tablespoons lemon juice
½ cup chopped figs
½ cup seeded raisins
½ cup nut meats

Wash prunes, cover with water, and simmer with orange slices until tender. Cool, drain, saving the juice. Pit prunes and chop when cold enough to handle. Dissolve gelatin in

hot prune juice. Add sugar, orange and lemon juice. Chill until mixture starts to congeal.

In the meantime wash, drain, and chop figs. Wash and drain raisins. Stir into gelatin with nut meats when it starts to thicken. Turn into mold or molds rinsed with cold water. Chill until firm. Serve plain or with cream, or custard sauce. Serves six to eight.

Cinnamon Apple Mold

2 cups apple sauce
1 tablespoon plain, unflavored gelatin
2 tablespoons cold water
¼ cup sugar
¼ cup cinnamon or peppermint candies
1 tablespoon lemon juice

Heat apple sauce to boiling. Stir in gelatin, which has been softened in cold water, stirring until it is dissolved. Add sugar and candies, which have been crushed. Stir until candies are dissolved. Add lemon juice, and turn into molds rinsed with cold water. Serves six.

Cherry Moss

2 tablespoons plain, unflavored gelatin
¼ cup cold water
¼ cup boiling water
¾ cup cherry juice
1½ cups canned red cherries, or pitted fresh
2 tablespoons lemon juice
2 egg whites
¼ teaspoon salt
2 tablespoons sugar

Soften gelatin in cold water. Dissolve in boiling water. Add cherry juice, cherries, and lemon juice. If fresh cherries are used, sweeten with one-fourth cup honey. Cool until mixture starts to thicken, then whip until light. Beat egg whites stiff with salt. Add sugar gradually, beating it in. Add cherry mixture, blend well, and turn into a large mold or small molds rinsed with cold water. Serves eight. Additional cherries or other fruits may be used for garnish for the cherry moss.

Orange Spanish Cream

2 cups milk
2 tablespoons plain, unflavored gelatin
¼ cup sugar
¼ cup honey
3 egg yolks
1 teaspoon grated orange rind
½ cup orange juice
3 egg whites
¼ teaspoon salt

Measure milk into the top part of a double boiler. Sprinkle gelatin over the surface and scald. Stir in sugar, honey, and add a portion of the hot mixture to egg yolks beaten with orange rind. Return to double boiler and cook over hot, not boiling water until mixture coats the spoon. Remove at once from heat and place to cool. Add orange juice slowly, stirring it in carefully to prevent curdling. Beat egg whites stiff with salt. Fold into custard mixture. Turn into mold or molds rinsed with cold water. Chill until firm. Serves eight. Serve plain, or garnished with fruits.

For an easy refrigerator cake, line mold with vanilla wafers or slices of sponge cake before putting in cream.

Maple Charlotte

1 cup milk
2 egg yolks
1 tablespoon plain, unflavored gelatin
2 tablespoons cold milk
½ cup maple sirup
2 egg whites
¼ teaspoon salt
½ cup nut meats or raisins

Scald milk over hot water. Beat egg yolks, add hot milk slowly, stirring it in. Return to double boiler and cook over hot, not boiling, water until mixture coats the spoon. Remove from heat. Add gelatin softened in cold milk, stirring until it is dissolved. Add maple sirup and place to cool until it starts to congeal. Then whip until light. Beat egg whites stiff with salt. Fold in maple mixture and nut meats or raisins. Turn into molds and chill until firm. Serve plain or garnished with sliced peaches.

Prune Bavarian

1 cup prune pulp
2 tablespoons sugar or honey
1 tablespoon plain, unflavored gelatin
¼ cup cold water
1 cup evaporated milk
1 tablespoon lemon juice

Add sugar or honey to prune pulp and place to dissolve. Stir occasionally. Soften gelatin in cold water. Dissolve over boiling water. Stir prune mixture into it slowly, blending it in thoroughly. Have milk thoroughly chilled. Whip until stiff. Fold in prune pulp and lemon juice. Turn into molds rinsed with cold water. Chill until firm. Serve with soft custard sauce. Serves eight. Nut meats may be added, if desired.

Neapolitan Cream

1 package lemon flavored gelatin
1 cup boiling water
¼ cup sugar, or
¼ cup honey
1 egg white
¾ cup evaporated milk
9 marshmallows cubed
12 Maraschino cherries, sliced
½ cup nut meats, coarsely chopped
6 or 8 vanilla wafers or macaroons, crushed
½ teaspoon vanilla

Dissolve gelatin in boiling water, add sugar or honey, and cool. When it starts to congeal, whip until fluffy. Combine egg white and evaporated milk in a bowl. Whip until light. Beat in gelatin mixture. Add remaining ingredients. Turn into mold rinsed with cold water. Chill until firm.

PASTRIES

The amount of pastry that is made will depend largely upon available fats. Cobblers, short cakes, and fruit rolls, using less fat than rich pie crusts, will probably take precedence over them. In pastries, as in other baking, it is well to remember that the enriched flours have more to offer the dietary than those not so treated.

Pastry for Dumplings, Cobblers, Fruit Rolls

1½ cups flour
1½ teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
4 to 5 tablespoons fat
Approximately ½ cup milk

Sift flour, measure, and sift into a mixing bowl with baking powder, salt, and sugar. The fat should be cold. It may be lard or similar fat. Measure, add to flour, working it in with a pastry blender, or the tips of the fingers, until it resembles a bowl of small dried peas. Add milk gradually, tossing the dry ingredients with a fork as it is added, to moisten them evenly. The dough should be soft but not sticky.

FRUIT SHORTCAKES

All shortcakes are made alike, the only variance being the fruit and amount of sweetening.

Prepare crust. It may be baked in one pan and split, made into two layers, or rolled out and cut with a large biscuit cutter for individual shortcakes. Put into pans in which a half teaspoon butter or margarine has been melted. If dough is not rolled out, pat it into the shape of the pan. Brush over top with fat. Bake in a hot oven, 450 degrees Fahrenheit, twelve to fifteen minutes, until nicely browned.

Remove from oven to a plate. Split, if the dough has been baked in one layer. Spread bottom half with creamed butter or margarine. Cover with sweetened fruit. Place top slice in position, cover with additional fruit, and the shortcake is ready to serve.

VARIATIONS

STRAWBERRY SHORTCAKE. Halve, slice, or crush strawberries. Sweeten according to the ripeness of the berries, with sugar and corn sirup, using half and half, or use part sugar and part honey. In using sirup or honey, it is better to let the fruit stand with sweetening on it before combining with crust.

RASPBERRIES, OTHER BERRIES. Raspberries, and other berries —fresh, canned, or quick frozen may be used in the same way.

CHERRY SHORTCAKE. Use pitted fresh or canned cherries, sweetening them with sugar, sugar and corn sirup, or sugar and honey.

PEACH SHORTCAKE. Use sliced and sweetened peaches—canned, fresh, quick frozen or cooked dried.

DRIED FRUIT SHORTCAKE. Cooked dried fruits, sweetened and used over shortcake dough, will be enjoyed when winter winds blow cold. Prunes, apricots, figs, or a combination, are all possibilities.

Apple and Peach Dumplings

Roll out shortcake dough to one-fourth inch thickness. Cut into four rounds. Place a cored, pared apple in the center of each. Fill center of apple with sugar or honey, or raisins and honey, or maple sirup. Dot over with a small amount of fat. Fold dough over apples, envelope fashion. Moisten edges with milk or water and press dough into place. Peaches are treated in the same way, except they are halved or sliced and pits removed.

Put one tablespoon butter or margarine in pan for baking dumplings. Melt and stir in two tablespoons brown sugar or honey. Add one-fourth cup boiling water. Place dumplings in pan and bake in a moderately hot oven, 375 degrees Fahrenheit, thirty to forty minutes, until apples are tender, basting occasionally with the sirup.

NOTE: Maple sirup may be used in pan in place of sugar and water.

Berry or Cherry Cobblers

½ rule for pastry
3 cups berries, cherries, peaches, or other fruit
¼ cup sugar
½ cup corn sirup
1 tablespoon butter or margarine

Prepare pastry, roll out to one-half inch thickness. Have fruit prepared. Turn into a greased baking dish or pan. Add sweetening. Dot over with fat. Cover with top crust, fastening it securely to the edge of the pan or dish. Have slits cut in the top to permit steam to escape. Bake in a moderate oven, 375 degrees Fahrenheit, until crust is nicely browned and fruit is tender, thirty-five to forty minutes.

APPLE CHEESE COBBLER. Add one-third to one-half cup grated American cheese to crust before adding milk. Use four to five medium apples. Pare, halve, core, and slice into baking dish. Sweeten with one-third cup sugar and one-half cup honey. Dot over with butter or margarine and proceed in the same manner.

Peach, Cherry, or Berry Roll

Prepare two to three cups fruit. Wash, drain well. Mix with one-fourth cup sugar and one-fourth cup honey. Let stand while rolling out pastry.

Roll out pastry to one-third or one-half inch thickness. Spread with softened butter or margarine. Cover with fruit. Roll as a jelly roll. Dampen edge slightly, to hold dough in place. Put into a greased pan, brush over top with milk. Bake in a hot oven, 425 degrees Fahrenheit, for the first fifteen minutes, then reduce temperature to 375 and bake more slowly, about twenty minutes longer. Serve with crushed and sweetened fruit or with clear pudding sauce.

VARIATIONS

FRUIT BUTTER OR MARMALADE ROLL. Fruit butters or orange marmalades may be spread over dough before rolling and used in place of fresh fruits.

Dried fruit purée, such as apricot, sweetened, and apple butter make flavorful rolls and desserts.

PIES, PIES, PIES

The pastry comes first in pies. Cake, pastry, or all purpose flour may be used in making it. The fat may be lard, or other of a similar nature. Its amount may vary slightly, the larger amount obviously giving the richer, shorter crust. A light and quick touch must be used in the handling.

Pastry

(*Two Crust Pie*)

2¼ cups flour
¾ teaspoon salt
⅔ cup fat
Ice water, approximately ⅓ cupful

Sift flour, measure, and sift into mixing bowl with salt. Add fat, and blend it into flour with a pastry blender, or the finger tips, until it resembles a bowl of small dried peas.

Add water, sprinkling it over the surface, and tossing the dry ingredients to bring them into contact with it, and to moisten evenly. When particles can be pressed together the dough is ready for rolling out. It will be easier to handle if chilled first, while fruit or filling is being prepared.

In rolling out, if making a two crust pie, use slightly more than half for the bottom crust. Roll out on a lightly floured board, keeping dough circular in shape. Fit into pan and leave about a half or three-quarters inch border of pastry around the rim.

Roll out remaining dough, keeping it also circular. Fold in half lightly. With a sharp knife cut three slits in the center, each one about an inch long.

Put filling into the bottom shell. Moisten edge with fingers dipped into cold water. Place top crust in position. Carefully fold the edge of the bottom crust over that of the top crust, and flute together by pressing this dough between the thumb and first finger of the left hand, with the forefinger of the right. Or press the dough together with the tines of a fork

dipped into flour. For a glazed crust, brush over top with milk or cream. Bake in a hot oven, 425 degrees Fahrenheit.

(*The Single Crust Pie*)

If a single crust is to be baked alone, use one-half the pastry recipe. Fit over the back of a pie pan, pressing edge down neatly. Prick with a fork, dipped into flour, to prevent blistering. Bake in a hot oven, 450 degrees Fahrenheit, until nicely browned, ten or twelve minutes. Slip from pan to a rack to cool.

Graham Cracker Crust

8 graham crackers
¼ cup sugar
½ teaspoon flour
¼ cup melted butter or margarine

Roll crackers fine. Mix in sugar, flour, and fat. Pat into a pie pan, spreading the mixture evenly over the bottom and sides. Bake in a moderate oven, 350 degrees Fahrenheit, thirty minutes.

Apple Pie

2 crust pastry
4 to 6 sour apples
¼ cup sugar
¼ to ½ cup honey
1 teaspoon grated lemon rind
1 teaspoon lemon juice
1 teaspoon butter

Line pan with pastry. Pare, core, and slice apples. Mix with sugar. Turn into shell. Drizzle honey over fruit, sprinkle with lemon rind and juice. Dot over with fat. Cover with top crust, which has been slit to allow steam to escape. Fasten edges securely. Bake in a hot oven, 425 degrees Fahrenheit, until crust is browned, and the apples are tender, thirty-five to forty minutes. If the pie seems to brown too much in that time, reduce heat to 375 degrees and bake more slowly.

FRESH PEACH PIE. Proceed the same as for apple pie.

DEEP DISH APPLE PIE. Put apples into a deep dish or pan. Add one tablespoon orange juice. Blend four tablespoons sugar with two tablespoons flour, and stir in one-half cup corn sirup. Distribute over apples. Dot over with one tablespoon butter. Cover with top crust and bake in a hot oven, 425 degrees Fahrenheit.

Dried Apple Pie

Prepare dried apples for stewing, by soaking in water to cover. (Start with two cupfuls.) Simmer until tender. Beat fine, or force through a strainer. Sweeten with maple sirup, flavor with grated lemon rind. Bake between two shells.

Berry Pie

Recipe for 2 crusts
1 quart berries
⅓ cup sugar
¼ cup flour
Few grains salt
⅔ cup corn sirup
1 teaspoon lemon juice
1 tablespoon butter or margarine

Wash and drain berries. Combine sugar, flour, and salt. Mix well. Stir in corn sirup. Put berries into pastry. Cover with sugar, flour, and sirup mixture. Add lemon juice. Dot over with butter or margarine. Cover with top crust. Bake in a hot oven, 425 degrees Fahrenheit, forty minutes. Or use the high heat for fifteen minutes, then a lower baking at 375 degrees, until berries are tender and crust is browned.

Cherry Pie

Follow the berry pie recipe, using pitted cherries. Slightly more sugar may be needed if cherries are very sour.

Red Currant and Raspberry Pie

Follow berry pie recipe, using fruits in equal proportions.

Rhubarb Pie

Pastry
1 quart rhubarb, cut in inch lengths
¼ cup sugar
⅓ cup all purpose flour
¾ cup honey
2 tablespoons fat

Line pan with pastry. Wash and cut rhubarb in short lengths. Do not peel. Put into pastry. Combine sugar and flour, blend in honey. Turn over rhubarb. Dot over with fat. Cover with a top crust. Bake in a hot oven, 425 degrees Fahrenheit, thirty to forty minutes.

Maple Raisin Walnut Pie

1 cup seedless raisins
3 tablespoons flour
1 tablespoon butter or margarine
½ cup grated maple sugar
½ tablespoon salt
2 eggs
1 cup nut meats
1 cup maple sirup

Wash, soak, and thoroughly drain raisins. Mix with one tablespoon flour in order to separate them well. Spread into an unbaked shell. Cream butter or margarine, blend in maple sugar, salt, beaten eggs, and flour. Beat until smooth, stirring in the nut meats, a few at a time. Gradually add maple sirup. Pour over raisins. Bake in a moderately hot oven, 375 degrees Fahrenheit, about thirty minutes.

Custard Pie

1 crust
3 cups milk
4 eggs
¼ cup sugar
¼ cup honey
¼ teaspoon salt
1 teaspoon vanilla

Line pan with pastry. Scald milk. Pour onto eggs beaten with sugar, honey, and salt. Add flavoring. Turn into shell. Bake in a hot oven, 450 degrees Fahrenheit, for the first fifteen minutes. After that reduce temperature to 325 degrees Fahrenheit, to bake until custard is firm. Insert a knife in the center,

to test for doneness. When it comes out clean, the custard is done.

Pumpkin Pie

1 pastry shell
2 cups strained pumpkin
⅓ to ½ cup molasses
1 teaspoon cinnamon
1 teaspoon ginger or
1 tablespoon grated orange rind
½ teaspoon salt
2 eggs
1 cup milk

Line pan with pastry. Combine remaining ingredients, blending molasses and seasonings with pumpkin. Add beaten eggs and milk. Turn into prepared shell. Bake in a hot oven, 450 degrees Fahrenheit, for fifteen minutes, after which reduce temperature to 325 degrees and continue baking until firm.

Sweet Potato Pie. Use two cups mashed cooked sweet potatoes, one-third cup brown sugar, three tablespoons molasses, and remaining ingredients as for pumpkin pie.

Cream Pie

Baked nine inch shell
1¾ cups scalded milk
3 tablespoons flour
3 tablespoons cornstarch
⅓ cup sugar
¼ teaspoon salt
½ cup milk
⅓ cup honey
2 egg yolks
1 teaspoon vanilla or other flavoring
For Meringue
2 egg whites
¼ teaspoon salt
3 tablespoons sugar or corn sirup

Bake pastry shell over the back of the pan, as directed. Scald milk. Combine flour, cornstarch, sugar and salt. Mix to a smooth paste with cold milk. Blend in honey. Stir into hot milk gradually. Cook, stiring constantly over boiling water until thickened and smooth. After that continue cooking, stirring occasionally, until starch is thoroughly cooked, about fifteen minutes. Add a portion of the hot mixture to the beaten egg yolks. Turn all back into double boiler. Cook two minutes longer. Remove from heat. Cool, stir in vanilla, and turn into shell. Prepare meringue by beating egg whites stiff with salt and adding sugar to them gradually, beating it in. Spread over

filling. Bake until nicely browned, about fifteen minutes, in a moderate oven, 350 degrees Fahrenheit.

Lemon Meringue Pie

1 baked nine inch shell
¼ cup sugar
½ cup flour
3 tablespoons cornstarch
½ teaspoon salt
2 cups boiling water
1½ cups white corn sirup
3 eggs
⅓ cup lemon juice
2 tablespoons grated lemon rind
3 tablespoons corn sirup

Bake shell. Combine sugar, flour, cornstarch, and salt in the top part of a double boiler. Stir in boiling water slowly, stirring it in carefully to prevent lumping. Stir in corn sirup. Cook over boiling water, stirring constantly, until mixture is thickened and smooth. After that continue cooking, stirring occasionally, until starch is thoroughly cooked, about fifteen minutes. Beat egg yolks and one egg white. Stir in a portion of the hot mixture. Return to double boiler, cook two minutes longer. Just before removing from heat, stir in lemon juice and rind. Place to cool. Turn into shell. Coat with meringue made by beating two egg whites. Add corn sirup to them gradually, beating it in. Bake in a moderate oven, 350 degrees Fahrenheit, until browned and firm, about fifteen minutes.

Orange Chiffon Pie

1 baked shell or graham cracker crust
⅓ cup sugar
½ cup orange juice
1 tablespoon lemon juice
½ teaspoon salt
3 egg yolks
1 tablespoon gelatin
¼ cup cold water
1 tablespoon grated orange rind
3 egg whites
⅓ cup honey

Measure sugar, orange, lemon juice, and salt into the top part of a double boiler. Mix well. Beat egg yolks, stir in fruit and sugar mixture. Cook over hot water, stirring constantly, until mixture thickens slightly and coats the spoon. Remove from heat. Add gelatin which has been softened in cold water. Add orange rind and place to cool until mixture starts to

thicken. Whip until light. Beat egg whites to a stiff froth. Add honey to them gradually, beating it in. Beat in orange mixture. Turn into prepared shell.

Strawberry Chiffon Pie

1 baked shell
1 pint strawberries
½ cup sugar
¼ teaspoon salt
1½ tablespoons plain, unflavored gelatin
¼ cup cold water
3 egg whites
2 tablespoons corn sirup

Prepare shell. Crush berries with sugar and salt. Soften gelatin in cold water. Dissolve by holding over hot water. Stir in a portion of the strawberry mixture, adding it slowly. Turn that back into strawberries, blend well. Let stand until mixture starts to congeal. Then whip until light. Fold into egg whites, beaten stiff, to which corn sirup has been added. Turn in baked shell.

One teaspoon lemon juice may be added to berries.

Other berries may be used in the same way, also other fresh, quick frozen or canned fruits.

Banbury Tarts

Pastry
1 cup chopped raisins
¾ cup honey
3 tablespoons cracker crumbs
1 slightly beaten egg
1 tablespoon melted butter or margarine
Few grains salt
2 tablespoons lemon juice
1 teaspoon grated lemon rind

Roll pastry thin. Cut in three inch squares. Combine remaining ingredients for the filling. Put a spoonful on each square of pastry. Fold into a triangle, press edges together. Prick several times to allow steam to escape. Bake in a hot oven, 450 degrees Fahrenheit, until baked through and nicely browned, about fifteen minutes.

15 THE Lunch Box

THE lunch box is a part of the war program, and an important part. It carries sustenance and mealtime enjoyment that promotes good spirits, good health, and good work.

Menus for it must be planned as carefully as those for the family, in fact more so, since they are harder to vary and to keep interesting. They should, of course, correlate with the meals for the family to save time, to prevent the buying of extra foods, and to include the good things that are served at the table. And they must carry their share of the food needs for the day.

The Lunch Box Itself

The lunch box itself is an important piece of equipment. It should be of sturdy construction, preferably metal, easily carried, and by all means equipped with a thermos bottle for carrying a hot beverage or soup. That it be neat and trim of appearance is even more important than for the dining table at home to be so. The dining table has the warmth and cheer of the room to enhance its appearance, while the box has nothing save itself and its packings to make it inviting.

In case paper bags are used for the lunch, if a center core of cardboard slightly narrower than the bag is inserted, it helps to keep the sandwiches in good form and prevents their being

crushed. Waxed paper cups, a good supply of waxed paper, a miniature salt and pepper shaker and sugar container, and other accessories that make for convenience but do not take up too much space, all add to the enjoyment.

Hints on Packing

1. Line the box with fresh waxed paper before packing. This protects the box itself and helps to keep it from absorbing odors.

2. Wrap each article of food separately, neatly and tightly in waxed paper. Some like to use the small zipper bags designed for use in the refrigerator.

Radishes, celery, other raw foods should be washed, thoroughly drained, wrapped in a small, clean cloth and then in waxed paper. The cloth holds the moisture and helps to keep them crisp.

Salads and fresh relishes can be carried in small paper cups equipped with lids, or in small glass jars with tight-fitting covers.

Mixed fresh or stewed fruits and custards can be carried in small jars.

3. In filling the jug with a hot beverage or soup, be sure to temper it first with hot water so that the beverage or soup will not be chilled.

4. Pack lunch box carefully and neatly, placing the sandwiches and foods that will be eaten first on top, the cookies, dessert or other sweets to themselves.

5. The metal box should be thoroughly washed and given as long an airing as possible between usings.

The Food that Goes into It

1. Put in something substantial, in the form of meat, egg, or cheese, sometimes in sandwiches, sometimes packed alone and buttered bread packed separately. The number of sandwiches or servings will depend upon the appetite. The variety, too, will depend upon individual preferences. Where one might

prefer two meat sandwiches of the same kind, another might like a meat, and one of cheese, or meat and egg.

Breads should be varied, along with the fillings. Nut and fruit breads help give variety of flavor and consistency.

2. Pack something that has a refreshing flavor. Fresh appetizers, such as celery, or carrot sticks, radishes, small cups of vegetable relishes, or of fruits, fresh or canned, all help to make up an appetizing meal.

3. Sweets help to satisfy. A piece of cake, cookies, pastry turnover, dried fruits are generally liked.

4. Pack something hot, a hot beverage or soup, or both, in winter. In summer, pack one hot beverage or soup, and something cool and refreshing.

Things to Be Avoided

Avoid packing foods that are too highly seasoned or of too pronounced a flavor or aroma. Eating lunches every day is different from a picnic lunch now and then. Too spicy relishes, too much mustard on the ham sandwich, and similar practices, are likely to pall quickly on the taste and create a general dislike for lunches in general.

For the same reason it is not a good plan to moisten every sandwich filling with mayonnaise. In fact, it is better to use the salad dressing sparingly—now and then instead of always.

Avoid repetition of the same foods from day to day, or on the same day of each week.

Soups for the Lunch Box

The substantial soups mentioned in the soup chapter are suitable for the lunch box, the cream of tomato soup being the only one that will not carry well. The man worker may prefer the meat soups enjoying creamed only occasionally.

Relishes for the Lunch Box

Carrot sticks, turnips, celery, cucumbers, radishes, as mentioned, give refreshingness.

Tomatoes, when in season, are liked. Be sure they are not too large for convenience in eating and that they are accompanied by salt or sugar, as preferred.

Such salads as penny salad, cole slaw, potato, the ring ham salad, and similar mixtures (given in salad chapter) will carry in small cups if tightly covered.

Spread meat sandwich filling on lettuce leaves. Roll and pack in waxed paper.

Berries when in season, packed in small cups, will be enjoyed. Later canned fruits can be used.

Orange sections sprinkled with chopped mint, will be refreshing and easy to eat.

Sweets in the Box

Simple cakes, gingerbread, cookies, fruit tarts, are "naturals" for the lunch box. Custards may be enjoyed in winter, but are apt to spoil in summer. Also, gelatin desserts with fruit are suitable when days are cold, but will be "soup" in summer. See dessert and baking chapters for further suggestions.

Plump, stuffed dried fruits will carry their share of goodness.

Breads

The Anadama bread, the whole-wheat prune bread, cheese, and even orange (see bread chapter), along with those purchased from the bakery, will all help to give variety.

SANDWICH SUGGESTIONS

WITH EGGS.

1. Sliced Hard Cooked Eggs, arranged over slices of buttered whole-wheat bread, well seasoned with salt. Chopped chives, watercress, or onion may be creamed with the butter.

2. Egg Salad Filling. To three hard cooked eggs, chopped, add one tablespoon mixed chopped pickle, one-fourth cup chopped celery. Mayonnaise or cooked dressing, if desired.

3. Use nut meats instead of pickle, in number 2. Salted roasted nuts are particularly good.

4. Scrambled Egg. Chop scrambled eggs, add chopped green pepper, and use on buttered whole wheat or rye bread. Squares of crisp bacon, frizzled beef, shredded ham or tongue, may be used with them.

5. Egg and Sardine. Mash sardines and hard cooked eggs. Spread between slices of buttered rye bread.

6. Egg and Liver. Chopped hard cooked eggs and diced liver make an excellent combination. May be ground together, moistened with lemon juice, seasoned well and thus made into a paste. Use with whole-wheat bread.

7. Egg and Cheese. A snappy cheese, grated or cut into small pieces, with chopped hard cooked eggs, moistened with cooked salad dressing. Use between slices of buttered brown bread.

8. Egg and Vegetable. Add chopped vegetables to hard cooked eggs, chopped cucumber or grated carrot, or both, with chopped green pepper and a suggestion of onion. Sliced radishes, too, may be added.

WITH CHEESE.

1. American or Swiss Cheese, sliced thin and placed between slices of buttered whole-wheat or rye bread, is sometimes liked better than a mixture.

2. Grated Cheese, *with thin slices of cucumber, and bread and butter pickles* on rye bread, seem to have a natural affinity for each other.

3. Mexican Sandwich Filling. Boil together one cup well drained tomato pulp with one cup shredded dried beef. Stir in one-fourth pound grated cheese. Cook over a low heat until cheese melts, season well, and when cold, spread between slices of buttered whole-wheat, brown, or rye bread. Thin, if necessary, with tomato juice.

4. Grated Cheese and Ham, *tongue, or crisp bacon squares.* Moisten or not, as desired, with salad dressing, add-

ing a bit of mustard to the dressing, if that flavor is liked.

5. Spanish Sandwich Filling. To twelve olives, cut in shreds, add one small dill pickle chopped, one and one-half cups grated cheese. Moisten with cooked dressing. Use between slices of buttered whole-wheat bread.

6. Cottage Cheese, *well drained, mixed with chopped parsley or chopped chives, and roasted peanuts,* is liked by young and old alike. Use on raisin bread.

7. Cottage Cheese *with raisins and grated raw carrots* (latter may be omitted), is a favorite combination. Use on nut bread or Boston brown bread.

8. Cottage or Cream Cheese, *blended with American blue cheese, and chopped watercress or onion,* on whole-wheat bread, is generally liked.

9. Cheese and Ham. *Add shredded ham, tongue, or crisp bacon* to number 8.

10. Deviled Cheese and Ham. To one cup grated cheese blend in one-half cup ground ham, two teaspoons prepared mustard, one teaspoon Worcestershire sauce.

WITH MEAT.

1. Beef, Pork, or Veal, diced and mixed with finely chopped celery and carrot, moistened with mayonnaise.

2. Corned Beef, sliced thin, *with thin slices of American or Swiss cheese,* between slices of whole-wheat or rye bread.

3. Corned Beef, *chopped hard cooked egg, and grated cheese.* To one cup beef, use three eggs and one-half cup cheese.

4. Roast Lamb, sliced thin, between slices of whole-wheat bread spread with butter to which chopped mint or watercress has been added.

5. Tongue. Sliced thin, placed between slices of whole-wheat bread spread with butter flavored lightly with horseradish.

6. Canadian Bacon. Sliced very thin and panfried, placed with thin slices of Swiss cheese between slices of rye bread.

7. Bacon Squares and peanut butter; use on raisin bread.

8. He-Man Sandwiches. Force one-fourth pound cooked ham through a food chopper with six olives, three small sweet pickles. Add one-fourth cup coarsely chopped nut meats.

9. Baked Beans and Ham. Mash beans, combine with diced ham, a bit of grated onion, sliced gherkins, and vinegar or lemon juice to moisten.

10. Chicken, Turkey, Duck, Goose, Rabbit, all make sandwiches par excellence. Use the meats, diced alone, or combined with celery and salad dressing. When using stewed chicken, remove meat from bones and let it chill in chicken broth. If broth is rich enough to jelly, meat can be cut down in slices.

11. Liver and Onion. Grind cooked liver, add grated onion, creamed butter, and a few drops of steak sauce.

WITH VEGETABLES.

1. *Grind uncooked carrots, cabbage, celery, and green pepper together.* Stir in coarsely chopped roasted peanuts, if desired. Use on whole-wheat or rye bread. Moisten, if desired, with salad dressing.

2. Russian. To one-half cup of chopped tomatoes, add one-half cup diced celery, one-half cup chopped olives, a bit of grated onion. Moisten with mayonnaise.

WITH FRUITS.

(*For the Sweet Tooth*)

1. Date and Nut Sandwich. Wash one package dates with warm water, unless using the pasteurized dates. Wash one-half pound figs. Force both through the food chopper. Moisten with orange juice, milk, or water. Add nut meats, if desired. Spread between slices of buttered enriched white, nut, or raisin bread.

2. Medley of Fruit. To one-half pound stoned prunes add one-half pound of figs, dates, and raisins. Force together

through the food chopper. Moisten with orange juice, milk, or water. Add coarsely chopped nut meats, if desired.

3. Prune and Nuts. To one cup chopped cooked prunes, well drained, add one tablespoon orange marmalade and one-half cup chopped nut meats. Spread between slices of well buttered bread.

4. Apricot and Cheese. To one package cream cheese, or one-fourth cup cottage cheese, add two tablespoons strained apricots. Nice between slices of nut bread.

STUFFED EGGS

Hard cooked eggs, plain and stuffed, are usually enjoyed in the lunch box.

Hard cook the eggs by taking them from the refrigerator, putting them in cold water. Heat water to boiling and cook at simmering until eggs are firm, about twenty minutes. Cool, remove shells. Cut in halves. Remove yolks, mash, season with salt, pepper. Moisten with salad dressing and return to whites, or dress in one of the following ways:

Add minced ham, shredded cooked tongue, corned beef, crisp squares of bacon, or similar meat, with salad dressing, to the egg yolks. One tablespoonful to three eggs is sufficient.

Add minced onion, green pepper, one-half teaspoonful of the first, two teaspoons of the second, to four eggs.

Add chopped chicken livers or other chopped giblets.

Add grated cheese and chopped salted nut meats.

16

Party Menus and Dishes

THAT SPELL FUN AND NOT MUCH MONEY

FUN at home takes on a new importance in times of stress. And it must be such that includes all members of the family, perhaps not at the moment, but rather that each age and each group has its own particular fun and enjoyment. The frills, the formal occasions can be put to one side, and their place taken by real, homey times.

Taffy pulls for the younger and the slightly older, popped corn balls and apples by the fire for the college crowd, buffet suppers in the kitchen are in keeping with the time and the mood.

But what of the best table linens and chinas? Are they to be neglected? No indeed! Let's get them out and use them, when days are bright and when they are dark and drear. Let's use them for the family, as well as for guests. And there is grandmother's soup tureen. Is it reposing carefully guarded on a cupboard shelf, or forgotten in a dark closet? Bring it out, polish it up, and serve from it steaming minestrone to the crowd that gathers after a brisk walk on a cool night. Or use the old wooden chopping bowl for a crisp Chef's salad for the

supper on the porch. This is the time to use all things in all ways.

We start, then, this motley collection of recipes and party suggestions with the recipe for good old fashioned molasses taffy.

Molasses Taffy

2 cups molasses
1 cup sugar
2 tablespoons butter or margarine
1 tablespoon vinegar

Measure ingredients into a kettle. Heat slowly to boiling, stirring until the sugar is dissolved and the boiling point reached. After that, do not stir. Boil rapidly to the crackle stage, or 260 degrees Fahrenheit. The crackle stage is when a small amount of the hot sirup is dropped into a bowl of cold water, it separates into a mass by itself, and when knocked against the sides of the bowl, crackles merrily. Have a platter or several plates greased lightly. Turn candy quickly into them, being careful to drain the pan into a saucer separate from the large amount. When cool enough to handle, let each guest roll up his or her sleeves, tie on aprons, and proceed to pull, using the fingers in the pulling as much as possible rather than the palms of the hands. Pull until light and stiff, and candy can be pulled no longer. Stretch candy out on platters, cut with scissors, and proceed to enjoy.

NOTE FOR THE TAFFY PULL PARTY. It is well to appoint captains, one to supervise the cooking, another the testing, a third the pulling and a fourth . . . general factotum.

There are molasses popped corn balls too, that go mighty well on a winter's night beside the fire.

Molasses Popped Corn Balls

3 quarts popped corn
⅔ cup molasses
1½ cups sugar
½ cup water
⅓ teaspoon vinegar
Few grains salt
2 tablespoons butter or margarine
½ teaspoon vanilla, if desired

Pop corn, discard hard kernels. Combine molasses, sugar, water, vinegar, and salt in a kettle. Heat slowly to boiling, stirring until sugar is dissolved. Then boil without stirring to a harder crack than for taffy, to 270 degrees Fahrenheit. Remove from heat, add butter and vanilla. Pour over corn, mixing it through well by using long tined forks or spoons. Shape into balls as soon as cool enough to handle.

EVENING SNACKS FOR FALL AND WINTER

Cider, hot or cold, with squares of gingerbread, will never go begging. If the gingerbread is warm, so much the better.

Hot Christmas punch served from a bowl, with crisp refrigerator cookies, will be liked.

Hot grape juice, served with sponge cake, will meet with approval from the fairer sex.

Fruit salads, with thin slices of toasted cheese bread or cheese bread and butter sandwiches, will finish off an evening of bridge nicely.

Serve bacon griddle cakes and sirup with a bowl of fruit.

EVENING SNACKS FOR SUMMER

Cold fruit beverages, with cookies, cake, or nut bread sandwiches, are always enjoyed. And with gingerbread waffles, hot from the iron, they are par excellence.

Have a watermelon party, serving only watermelon. If you want to dress the party up a bit, hollow out a large melon half, cube the pulp, mix it with other fruits, pile them high in the melon bowl, lining it first with mixed salad greens. Have bowls of French and maple cream salad dressing standing nearby, and platters of Anadama bread, nicely sliced, waiting to be buttered.

Serve slices of feather cake, or one egg cake, with a bowl of sliced peaches, and plenty of cream (if there is plenty), otherwise mixed fruits, letting each guest help him or herself. Perhaps instead of the cream, you would like to rice cream

cheese over the fruit. In which case, serve gingerbread or ginger cookies with the fruit.

Rhubarb sherbet served in melon halves or slices will just hit the spot when the day has been unusually warm.

Maple charlotte, with slices of chocolate cake, is nice for the spring evening party and so easy to prepare and serve.

SUNDAY NIGHT SUPPERS

Sunday Night Suppers call for just a little heartier fare.

Hot Tomato Juice
Chef's Salad
Toasted Rolls or Assorted Breads
Honey Cake with Chocolate Frosting
Coffee

NOTE: Omit tomatoes in the salad since they are served to start the supper.

*

For a Cold Night

Oyster Stew with Crisp Crackers
Fresh Relishes
Prune and Apricot Upside Down Cake
Coffee

*

For Any Night

Waffles with Welsh Rabbit Sauce
Fruit Salad
Coffee

BUFFET SUPPERS

These are heartier still.

Chicken and Spaghetti Supper Casserole
Mixed Green and Vegetable Salad
Gingerbread Squares with Apple Sauce
Coffee

Serve this to the Saturday night gathering.

Savory Stew with Vegetables
Cole Slaw with Sour Cream Dressing
Hot Cornbread
Apple Brown Betty
Coffee

*

Serve this one in spring, fall, or winter.

Swedish Meat Balls with Rice
Green Beans
Fresh Relishes
Sliced Oranges with Maple Sugar
Ginger Cookies
Coffee

*

This one has a dressed up air.

Spiced Tongue
Creamed Potatoes and Peas
Relishes, Carrot, Celery Sticks, Radishes
Hot Cheese Biscuits
Peach and Plum Compote
Cookies
Coffee

COMPANY DINNERS

The invitation, "Come to dinner," has such a cheery sound. And dinner need not be elaborate to be enjoyed. It may be quite simple and of a kind that is easy to prepare and to serve.

Roast Shoulder of Lamb with Apricot Dressing
Green Beans with Celery Kernel Corn
Watercress, Escarole, and Olive Salad
Peppermint Candy Ice Cream
Coffee

Pinwheel Meat Roll
Browned Potatoes Brussels Sprouts
Tomato Jelly and Vegetable Salad
Peach and Honey Casserole
Coffee

*

Fricassed Fowl with Dumplings
Broccoli with Lemon Butter Sauce
Tossed Green and Vegetable Salad
Broiled Grapefruit
Coffee

THE SUMMER DINNER

Braised Lamb Shoulder Chops
Peas with Mint Summer Squash
Fruit Salad
Cheese Wafers
Iced Beverage

*

FOR THE AFTERNOON PARTY

In place of the usual sweet concoction, try these individual sandwich loaves with spiced hot tea or with a fruit beverage.

Individual Sandwich Loaves

White bread, whole-wheat, or a combination of breads may be used. It is cut of medium thickness, and in uniform pieces, an inch to an inch and a-half wide and three to three and a-half inches long. The loaf may be of two layers of bread, or of three. Two slices of whole-wheat and one white; or two white and one of whole-wheat or one of brown, makes a nice variation.

The bread is spread with softened butter and then the preferred fillings. If only one layer is used, a tasty salad filling as

of chicken salad, shrimp, crab meat, ham, or egg is used. If there are two layers, one may be of a meat mixture, the other of vegetable. For example, one layer might be of diced ham or chicken, or a combination of the two; and the second layer of chopped cucumber, green pepper, and celery moistened with salad dressing.

Fit the slices together, then frost over the top and sides with cream cheese, moistened to spreading consistency with cream or evaporated milk. The outside may be left plain, or garnished with slices of stuffed olives, wafer thin slices of pickle, strips of green pepper, and bits of pimento; or salted nut meats.

SUGGESTED COMBINATIONS

First Layer. Diced chicken, celery, mixed with mayonnaise.
Second Layer. Creamed butter with chopped watercress and coarsely chopped salted nut meats.

*

First Layer. Chopped hard cooked eggs, green pepper, squares of crisp bacon.
Second Layer. Chopped cucumber, radish, ripe olives, mayonnaise.

*

First Layer. Roasted chopped peanuts mixed with minced ham, moistened with mayonnaise.
Second Layer. Chopped celery, green pepper relish, mayonnaise.

*

OTHER AFTERNOON TEA SUGGESTIONS

Sandwiches of oatmeal fruit bread, orange, Boston brown bread make tasty accompaniments for the afternoon tea. And there are some sandwich fillings in the chapter on lunch boxes that may be used in dainty sandwiches as well as man or picnic-sized.

17

To Can, or Not To Can

WHAT AND HOW TO CAN

WHAT to can, and how to can, is the question. The answer lies with the family and its mode of living. If the family is small, with little storage space, no garden, and all produce must be purchased, the amount of canning will probably be limited to a few jars of favorite relishes, and perhaps a few fruit butters. With the larger family, however, who have a garden and ample storage space, then canning may be done on a large scale.

Canning equipment is another deciding factor. Berries, fruits, tomatoes, fruit juices, may be canned by open kettle or hot pack processes. The fruit butters, preserves, relishes, present no particular problem. But for non-acid vegetables (all except tomatoes), for the canning of any and all meats, including poultry, fish, and game, a pressure cooker with accurate pressure gauge is imperative for success and for the safety of the family. Lacking the pressure cooker, unless there is one in the neighborhood which can be used in partnership, the preservation of such vegetables as beans, peas, peppers, must be done by brining or drying, and the canning of other non-acid vegetables and meats not attempted.

Where cold storage lockers are conveniently located, they are excellent for storing the summer's garden goodness, and meats, too.

Bulletins giving detailed and accurate information on equipment and the preparation of foods for cold storage lockers, for canning vegetables and meats at home, can be obtained by writing to the Extension Department of the State Universities. Farmer's Bulletin, 1762, on "Home Canning of Fruits, Vegetables and Meats," may be obtained by writing to the Superintendent of Documents, Washington, D. C.

Canning, whether on the large scale or small, must follow a definite plan. Priority ratings must be given to the foods and methods that will make definite contributions to the family dietary in the way of minerals, vitamins, and food elements to promote health. All products, particularly sugar and containers, must be used in a way that will do the most good and give the greatest pleasure. The latter, however, is the second consideration. It is for this reason that canning fruits without or with little sugar, fruit juices, and especially tomatoes, have been stressed.

Steps to Success in Canning

1. Can only first class products, as fresh from the garden as possible.
2. Be immaculate in handling food, jars, and equipment.
3. Have all equipment ready before bringing in the product to be canned.
4. As soon as product arrives, start preparations for canning. Let canning proceed uninterrupted until finished.
5. Work in small amounts, preparing only as much as can be cooked or processed at one time. Produce that stands in a warm room or in warm jars is apt to spoil.
6. Pack all vegetables except tomatoes hot. Small fruits are better blanched in their own juice before packing.
7. Process non-acid vegetables and meats in the pressure cooker which has an accurate gauge.

8. When jars are cooled, all types using rubber rings should be inverted and tested for leakage. It is not wise to try to tighten the seal after the jar is cooled. Do not invert jars with automatic seal tops.

Any jar showing leakage should be opened, the contents heated, repacked into another jar and processed again. A bulged lid directly after processing indicates a tight seal. A bulged lid during storage is a sign of spoilage.

9. Do not place jars in a draft to cool, as that invites breakage.

10. Store in a cool, dry place. Protect glass jars from light to prevent fading the product.

Canning by Open Kettle Method

The open kettle method is the oldest, in some ways the simplest, but not the best way for canning fruits, with and without sugar, and for tomatoes.

In using it the food must be thoroughly heated through, cooked long enough to destroy any spoilage agents, and to be tender, if that is a factor. It must be turned quickly into sterile jars, filling them to overflowing, and sealed immediately.

The sterilization of jars, lids, and rubbers is necessary. Jars should be washed, well rinsed, covered with hot water, and the water kept boiling until jars are needed. Then they are emptied and placed on racks. Rubbers, if used, are placed on them, and they are filled to overflowing with cooked product and sealed.

Self sealing lids are sterilized by placing in a pan and pouring boiling water over them. Rubbers are dipped into boiling water before placing on the jars. Metal and glass tops may be treated as the jars. Any utensil that comes into contact with the fruit during the sealing process should be sterilized in boiling water. Care must also be taken to remove any air bubbles that collect in filling the jars, by inserting a knife or spoon, first dipped into boiling water.

The Hot Pack and Water Bath

In the hot pack method the fruit is cooked or heated in its own juice, or sirup. It is packed into hot jars to within one-half to one inch of the top, sealed according to the lids used, and processed the given length of time in the hot water bath, or oven.

Automatic seal tops are sealed tight. Screw tops are turned tight, then turned back one-half inch. Clamps are placed in position for glass top jars, but not fastened down until after processing.

A clothes boiler or cooker deep enough to hold the jars, with four or five inches to spare, and a tight fitting lid, may be used for the hot water bath. It should have a rack to hold the jars above the bottom by one inch.

Enough water to cover the jars by two inches is needed. It should be hot when the jars are put in, quickly heated to boiling, and timing started when the boiling point is reached. As soon as it is ended, the jars are removed, the seal completed (if it has not been done before), and placed to cool.

In processing in the oven, jars are placed on oven racks, leaving two inches space between them, and processed in a slow oven, 250 to 275 degrees Fahrenheit. The oven must have an accurate heat regulator and additional time must be allowed for processing.

Canning Fruits in Their Own Juice

Firm, ripe fruit may be canned without sugar, or with a small amount. It is better if preheated in its own juice, packed into hot jars, the hot fruit juice poured over it, and then processed. With small fruits this juice can be obtained by stewing some of the riper fruit, straining it, and heating the remainder in it. With larger fruit, as peaches, water may be used, or less perfect fruit cooked with the pits, strained, and that juice used for the canning.

TO CAN FRUITS WITH HONEY

Only light, mild flavored, strained honey can be used successfully for canning. Honey tends to change the color of the fruit and to impart its own flavor. A lower heat must be used to avoid scorching, and slightly longer cooking may be required to give the right consistency.

Honey Sirups

Thin Sirup for Sweet Fruit	1 cup honey and 1 cup sugar to 6 cups water
Medium Sirup for Medium Fruit	2 cups honey and 2 cups sugar to 8 cups water
Thick Sirup for Sour Fruit	4 cups honey and 4 cups sugar to 8 cups water

To prepare the honey sirup, heat water, or water and sugar, to boiling. Stir in honey, heat to a full rolling boil. Skim and use.

Corn Sirup in Canning

Thin Sirup	1 cup sirup, 2½ cups water, 1 cup sugar
Medium Sirup	2 cups sirup, 2½ cups water, 1 cup sugar
Thick Sirup	1 cup sirup, 1 cup water, 1 cup sugar

Sugar Sirup

Very Thin Sirup	1 cup sugar, 4 cups water or juice
Thin Sirup	I cup sugar, 3 cups water or juice
Medium Sirup	1 cup sugar, 2 cups water or juice
Thick Sirup	1 cup sugar, 1 cup water or juice

Approximately ½ cup sirup is required for pint jars, quite firmly packed with fruit, and from 1 to 1½ cups for quart jars.

Using Corn Sirup with Fruit Pectins

In using bottled fruit pectins in making jellies or jams, 2 cups light corn sirup may be substituted for 2 cups of the sugar required. Thus, if the recipe calls for 5 cups sugar, 3 cups sugar plus 2 cups corn sirup may be used. Further reduction of sugar is not advisable.

Light corn sirup may be substituted for half the sugar required in any powdered fruit pectin recipe. For each cup sugar omitted, use one cup corn sirup.

Rhubarb Canned in Cold Water

Rhubarb, being very acid, is a law unto itself. It may be canned in this simple manner.

Wash rhubarb thoroughly. Cut into pieces, or into lengths to fit the glass jar when placed vertically. Pack into sterile jars. Cover with fresh cold water and let stand ten minutes. Drain off water. Again fill jars to overflowing with cold water. Seal and store in a cold dry place. When using, treat as fresh rhubarb.

Rhubarb Juice

(*Nice for beverages, molded salads, and desserts*)

Grind six pounds rhubarb through a food chopper. Strain through a jelly bag. Let stand two or three hours. Carefully drain off the juice, from sediment in the bottom of the kettle. Turn into clean hot jars, adding four tablespoons sugar or one-half cup corn sirup for each pint. Seal. Process thirty minutes in the hot water bath, keeping the water just at simmering point, 180 degrees Fahrenheit.

Canning Berries without Sugar

(*Strawberries, blackberries, cherries, huckleberries, elderberries*)

Preparation. Wash berries carefully, one or two quarts at a time, by putting them into a colander and moving it gently up and down in a pan of cold water, or by lifting them from one pan of cold water to another with the hands. Drain thoroughly. Remove caps and stems. Cherries may be pitted or not, as preferred. Save the juice that drips from the pitter or the hands.

Method Number One. Best where fruit is of uniform ripeness and quality.

Slice strawberries, if very large, or leave whole. Use other fruit whole. Put fruit into a pan or kettle (with pitted cherries, add juice). Set this pan into another of hot water. Cover, and heat until juices flow freely. Pack into hot jars. The juice must cover the fruit. Fill to within one inch of the top. Seal according to lids used. Process five minutes in the hot water bath, or 45 minutes in a slow oven, 250 degrees Fahrenheit. If oven does not hold so low a heat, use 275 degrees and process forty minutes.

A small amount of sugar or honey, or sugar and honey, may be added to the fruit before heating.

A Second Method. Grade fruit, putting to one side the most perfect and that which is slightly underripe. The riper and imperfect fruit may be used in preparing the fruit juice.

Wash berries. Crush less perfect fruit. With cherries, use juice that drips from the hand in pitting, and some of the fruit, too. Cover. Heat to boiling. Boil until soft and most of the color and flavor has been removed. Strain through a cloth or fine strainer. Return to preserving kettle.

Heat juice to boiling, put in perfect fruit. Boil five minutes. Turn into jars, filling them to within one inch of the top. Seal according to lids used. Process five minutes in the hot water bath, or 45 minutes in a slow oven, 250 degrees Fahrenheit.

Using Little Sugar

Prepare fruit. Put into preserving kettle, sprinkling each layer with sugar, honey or sirup, or a combination. One-half cup sugar to the quart of fruit, or one-fourth pound to the pound may be used, alone, or, in addition to it, one cup corn sirup to the quart of fruit, or pound, or one-half cup honey may be used. Cover kettle. Let stand until a sirup forms. Heat slowly to boiling. Remove cover. Boil gently, four or five minutes, stirring slowly to prevent burning. Or set this kettle in another of hot water and heat, as before. Turn into jars and process five minutes in the boiling water bath, or in the oven, 45 minutes at 250 degrees Fahrenheit.

Another Treatment. Fruits, especially strawberries, are nice treated in this manner. Let stand with sweetening. Heat to boiling. Boil four minutes. Let stand overnight in sirup. The next morning heat again to boiling, turn into jars, partly seal, or seal, according to jars used, and process. This method prevents the berries from floating to the top.

Berry Juices

Wash berries, put into preserving kettle, crush slightly. Cover, and heat quickly to boiling. Simmer until soft. Strain the juice by turning it into a jelly bag and letting it drip overnight.

Turn juice into jars, partly seal and process in the hot water bath, 20 minutes for pints, 30 minutes for quarts. Water should be kept just below the boiling point.

Cherry Juice

Add enough cold water to cherries to allow them to float. Cover and heat until they are soft and have lost their bright

color. Strain through a jelly bag. Add a small amount of sweetening, if desired, one-fourth to one-half cup sugar to a quart of juice. Or turn into jars unsweetened. Seal and process twenty minutes in the hot water bath for pints and thirty minutes for quarts. Keep water in the bath just below the boiling point.

Grape Juice

Wash grapes, remove from stems. Weigh. Allow one cup water to five pounds grapes. Cover and heat slowly to boiling. Cook until grapes are soft, ten to twelve minutes. Remove from heat. Let stand five minutes. Strain through a jelly bag or several thicknesses of cheese cloth. One-fourth cup sugar to the quart of juice may be added.

Turn into jars, filling them to within one-fourth inch of the top. Seal according to tops used. Process in the hot, not boiling water bath twenty-five minutes. Water should be kept just below the boiling point, 170 degrees Fahrenheit.

Canning Peaches without Sugar

The sooner peaches are canned after picking, the better. The fruit should be fully ripe, but not soft. Grade according to size. Put ten or twelve at a time into a wire basket and plunge into boiling water, for from thirty to sixty seconds, until the skins can be slipped off easily. The time will vary with the ripeness of the peaches. Remove basket from boiling water, plunge into cold water. Peel fruit quickly, cutting it in halves and removing the pits, if they are freestone, otherwise leave whole or not, as preferred.

As the peaches are peeled drop them into a weak brine, made by dissolving one tablespoon salt in one quart water. Do not work in too large amounts. Peal only as many as can be processed at one time.

Less perfect and the very ripe peaches may be cut into small pieces to use in preparing liquid for canning. Add water to cover the bottom of the pan and some of the cracked pits. Cover pan, heat to boiling, boil until fruit is soft. Strain.

Blanch peaches in the hot juice, letting them simmer in it four or five minutes. Pack tightly into jars, filling them to within three-quarters inch of the top. Pour boiling juice on them, covering the peaches, and filling jars to within one-half inch of the top. Seal, according to lids used. Process in the boiling water bath fifteen minutes.

ADDING SUGAR OR SIRUP

A small amount of sugar may be added to the peach juice, one cup to the quart of juice, or more, or part corn sirup and part sugar, or part sugar and part honey. (See sirups.)

Canning Pears

Pears are more difficult to can. Pare them, dropping them into salted or acidulated water (one tablespoon vinegar or lemon juice to the quart of water). A sirup (thin or medium) should be used for them. A slice or two of lemon cooked in the sirup helps to preserve their color and to give flavor. Heat pears in sirup. Pack tightly. Process twenty minutes in the boiling water bath.

Canning Plums

Plums are usually canned whole with the skins on. Wash and prick skins. Blanch in boiling water. Prepare a thin or medium sirup for them, using all sugar, one cup to two or three cups water; sugar and sirup, or sugar and honey. Simmer plums in hot sirup five minutes. Pack tightly into jars, filling them to within three-fourths inch of the top. Pour hot sirup over them to within one-half inch of the top. Process in the boiling water bath fifteen minutes.

Canning Apples

Use sound, slightly underripe, tart apples for canning. Do not use mellow or sweet ones. Peel, core, and cut apples into thin slices. Cut the slices in halves, if a tight pack is desired. Drop the slices as they are prepared into a weak brine, (one tablespoon salt to the quart of water). Do not let them stand in the brine too long.

Prepare a thin sirup, using one cup sugar to three cups water, or one cup sugar, one cup corn sirup, to four cups water. Simmer apples in sirup five minutes. Strain from sirup and pack into hot jars tightly, pressing them down with a spoon. Pour boiling sirup over them to within one-half inch of the top. Seal, according to lids used. Process in the boiling water bath ten minutes.

Canning Applesauce

Wash apples, cut in quarters, discarding soft or decayed portions. Cook until tender in a covered container, with just enough water to prevent burning. The apples may be steamed or cooked at ten pounds pressure for five minutes in the pressure cooker. Force through a coarse strainer.

Add one cup sugar to each quart of sauce, or sugar and corn sirup, or sugar and honey. Pack into hot sterile jars, filling them to within one-half inch of the top. Seal, according to lids used. Process ten minutes in the boiling water bath.

Fruit Butters without Sugar

Butters and jams can be provided for winter meals by cooking fruits down to a fairly thick sauce. Turn them into hot jars, seal according to lids used, and process fifteen minutes in the hot water bath. Sugar, then, or other sweetening may be added at the time of using.

Butters and Jams with Less Sugar

Butters and jams can be made with less sugar than we have used in the past. Half as much sugar as fruit gives very good results.

In using corn sirup, one pound corn sirup (measures approximately one and one-third cups) with each two pounds of sugar may be used; or half sugar and half honey may be used.

Jams, conserves, marmalades, in which corn sirup or honey have been used, should be processed fifteen minutes in a boiling water bath and sealed air tight to prevent fermentation.

Berry Jams

Wash, drain, and hull berries. Put into a preserving kettle. Crush slightly to form a juice. Cover, and cook until soft. Force through a strainer, if desired. Boil quickly until thickened. Allow one cup sugar or its equivalent to three cups pulp. That is, use one-third cup corn sirup and two-thirds cup sugar; or one-half cup sugar and one-half cup honey. Stir sweetening into pulp. Heat to boiling. Turn into jars and process fifteen minutes in the hot water bath, if corn sirup or honey have been used. With sugar boil until thick. Seal.

Peach Butter

Wash peaches, pare, or rub with cloth to remove fuzz. Cut into small pieces. Discard all but a few seeds. Cover, and cook until soft. Force through a strainer, or chop fine. To each cup of pulp, add one-third to one-half cup sugar, or one-fourth cup sugar and one-fourth cup honey, or one-fourth cup corn sirup and one-half cup sugar. Boil rapidly until thick. Turn into hot jars. Seal according to lids used. Process fifteen minutes in the boiling water bath, if honey and corn sirup have been used. Processing not necessary when all sugar is used.

Golden Marmalade

2 cups diced tart apples
1 cup sliced fresh peaches
2 cups diced carrots
1 lemon, juice and grated rind
2 cups sugar
1 cup honey

Combine ingredients in order named. Heat slowly to boiling. Boil mixture until thick and clear. Turn into jars. Seal with a thin layer of paraffin, adding a second layer after the first has cooled. Or turn into jars, seal, process in the boiling water bath ten minutes.

Sunshine Preserves with Honey

Allow one pound honey to the pound of fruit. Use the largest berries for this. Wash the fruit and put into platters. Pour honey over them. Cover with glass. Place in sunshine for several days, stirring each day. When thick, turn into glasses and seal with paraffin.

Canning Fruit Juices for Jelly

While we may not be making as much jelly as usual, the juice for it may be canned in summer, and the jelly made as needed. Prepare fruits in usual manner. Extract juice. Heat to boiling, turn into jars, to within one-half inch of the top. Process in the boiling water bath, ten minutes. Store until time for making into jelly.

On Jelly Making in General

Large fruit, such as apples, crabapples, and quinces, need a quantity of water for the cooking. Add enough so that it can be seen through the fruit. Cover the kettle, cook until soft, then turn into a jelly bag to drip undisturbed.

Juicy, soft fruits require no water. Crush them, cover, and cook until soft. Strain.

When juice is strained, measure accurately and compute amount of sweetening needed. Stir into juice, heat to boiling, and boil rapidly to the jelly test, until several drops run together on the spoon and form a sheet. Skim, and pour immediately into hot glasses. Seal with a thin layer of paraffin, adding a second layer after the first has cooled.

Corn sirup may be substituted for one third of the sugar.

Honey may be substituted for one half of the sugar.

Apple Jelly. Allow three-fourths cup sugar to the cup of juice.

Blackberry Jelly. Fruit must be slightly underripe. Allow equal parts sugar and juice.

Crabapple Jelly. Three-fourths to one cup sugar to the cup of juice.

Currant Jelly. Heat currants in water that adheres to them in washing. It is not necessary to stem them. Strain. Allow three-fourths to one cup sugar to the cup of juice.

Grape Jelly. Use slightly underripe grapes. Use equal sugar and juice.

Quince Jelly. Two-thirds cup sugar to the cup of juice.

Cranberry Jelly

1 quart or 1 pound cranberries
2 cups boiling water
2 cups sugar

Look over cranberries, removing stems. Wash in a colander. Turn into kettle with boiling water. Cover, heat to boiling, and cook until soft, about twenty minutes. Remove from heat. Force through a strainer. Stir in two cups sugar, heat to boiling, boil exactly four minutes. Turn into glasses or molds. This amount will fill one large mold, or four to six glasses.

Cranberry Sauce

Use the same proportions. Make a sirup of sugar and water. Heat to boiling, add cranberries, and cook until the skins pop, from five to seven minutes.

CANNING TOMATOES

Tomatoes are an important part of the canning program, much more than the jellies and the jams, for they guarantee, if we are careful in the preparation, to furnish valuable vitamin C to our dietaries, along with other important food elements, flavor, and color.

How To Can Tomatoes

Tomatoes are easy to can, if only small quantities are canned at a time. Spoilage, usually flat sour, takes place, however, if the tomatoes are allowed to stand in a warm room for any length of time while they are being prepared for processing.

Remember, then, to work in small amounts, wash tomatoes in cool water, handle them carefully to prevent bruising. Place eight or ten in a wire basket and plunge into actively boiling water. Hold there about one minute, long enough to loosen the skins. Remove and plunge into cold water. Let stand in it until tomatoes are cool enough to handle.

With a sharp pointed knife cut out all the core, slip off skins, and remove the blossom spot. Press down into clean, hot jars, just hard enough to form sufficient juice to fill the space, and cover tomatoes.

Or tomatoes may be covered with juice made by cooking and straining some of the less perfect ones. Using water dilutes the flavor too much.

Add one teaspoon salt to the quart of tomatoes before the top layer is placed in position. Fill jars to within one-half inch of the top.

Seal according to general directions. That is, completely seal if using automatic tops, tighten screw tops and turn back one-half inch; place clamps in position in using glass tops, but do not fasten down.

Process forty-five minutes in the boiling water bath, or seventy-five minutes in a slow oven, 250 to 275 degrees Fahrenheit.

Or tomatoes may be heated to the boiling point on top of the range, packed into hot jars, and processed five minutes in the boiling water bath. This gives a tighter pack and saves jars, an important item.

Canning Tomato Purée

Less perfect tomatoes may be used for making purée. However, those with decayed or soft spots should not be used, as they may cause spoilage.

Wash tomatoes, cut into pieces. Simmer until tender. Force through a strainer. Let stand a few minutes for pulp to settle. Drain off clear water that gathers on the top. Cook pulp quickly until of catsup consistency. Add one teaspoon salt to each quart. Pour boiling hot into sterile jars, filling them to overflowing. Seal immediately.

Canning Tomato Juice

Use bright red tomatoes which have been well ripened on the vines and use them as soon after picking as possible. Do not use tomatoes that are overripe, or those which have started to decay. Do not work with more than two gallons of tomatoes at a time.

Wash well, remove cores, quarter, and put into a cooking kettle. Crush slightly in order to set free enough of the juice to start cooking. Cover kettle, and simmer until tomatoes are soft but not mushy. Avoid boiling.

Put the softened hot tomatoes through a fine strainer. The sieve must give a fine division of pulp. A wooden masher, glass jar, or bottle is preferred to a spoon or slotted instrument for forcing the pulp through the strainer, as there is less incorporation of air. A minimum incorporation of air is desirable to conserve the vitamin C.

Reheat juice at once, after putting it through the strainer. Heat to boiling. Add one teaspoon salt to the quart of juice.

As soon as a good rolling boil is reached, turn into hot sterile jars or bottles and seal at once, with lids or tops that have been sterilized in boiling water.

BORROWING FROM GRANDMOTHER AGAIN

Taking for granted, then, that there are some vegetables growing in the garden and no pressure cooker is available, we borrow again from Grandmother's methods of storing some of the summer's goodness.

Dry Salting of Beans

Select young, tender snap beans. Wash thoroughly and drain well. Snip off the tip ends, and string if necessary. Break or cut into small pieces about two inches long. Cut in julienne strips, if preferred. Allow one-fourth as much salt as beans.

Cover the bottom of a stone jar or crock with a two inch layer of beans. Sprinkle with salt. Continue adding beans and salt until the crock is three-fourths full. Finish off with a layer of salt.

Cover with a heavy weight, then with a cloth, tieing the cloth in position. Brine should form in twenty-four hours. If it does not, dissolve one pound salt in two quarts water and pour over the top.

Liquid should just cover the beans. Remove scum as it forms, or it may cause spoilage. Cover with hot paraffin and store in a cool, dry place. In using, freshen in several cold waters, then cook in the usual manner.

Summer Savory may be added with the salt.

Brining Peppers

Cut off stem ends of green or sweet red peppers, and remove the seeds. Wash carefully and pack into jars, blossom or cut ends down. Cover with a brine made by stirring two pounds salt into a gallon of water. Cover tightly and weight

the peppers down in the brine. When ready to use, lift peppers from brine, soak in cold water to freshen.

Cream Dried Corn

Cut one gallon corn from the cob. Mix with one cup sugar (or less may be used). Put into a flat pan or into several pans with one cup coffee cream. Place over a low heat, or into a slow oven, until cream is absorbed. Stir frequently.

Spread out in shallow pans until corn is not more than an inch deep. Put into a very slow oven to dry. When it is yellow and tough, it is ready to store. Do not dry too hard.

Sauerkraut

Shred cabbage fine. If the cabbage is allowed to stand at room temperature a day before shredding, the wilting causes the leaves to become less brittle and they will not be so likely to break in cutting. The outer leaves are trimmed down to the white leaves and then the cabbage is washed. It is cut in halves and then quarters, the core removed or cut fine.

Allow four ounces of salt to ten pounds of cabbage. Mix cabbage and salt, or pack them into alternate layers and press down to start the extraction of juice. Press firmly, but do not pound down.

Cover with a cloth and a board or a plate. Place weight on cover. The cabbage should be covered with brine during fermentation. Keep product as near eighty-five degrees as possible until fermentation is complete, about two weeks.

A scum soon forms on the surface and should be removed. When properly cured, sauerkraut is a light yellow. Store in a cool place. Kraut may be taken from the jar and used as needed, or turned into sterile jars, filling them to within one-half inch of the top, and processed in the hot water bath fifteen minutes. This insures better kraut throughout the year.

RELISHES TO ADD ZEST TO MEALS

These relishes, use little sugar, few spices, and offer color, flavor, and zest to winter meals.

Apple Relish

1½ pounds seedless raisins, chopped
1¾ pounds chopped apples
½ orange, chopped
1½ cups sugar
½ cup vinegar
¼ teaspoon ground cloves
¼ teaspoon ground cinnamon

Combine ingredients in order named. Boil thirty minutes, stirring occasionally. Turn into sterile jars and seal at once. Or turn into small jars and seal with a thin layer of paraffin, adding a second layer after the first has cooled.

Cherry Olives

Wash large sweet cherries, leaving the stems on, but snipping off the blossom end of stems. Pack into quart or pint jars as tightly as possible. To each quart add a brine made by dissolving one tablespoon salt in one cup vinegar. Fill jar to top with cold water and seal. Let stand two weeks before using.

Beet Relish

1 quart cooked beets, chopped
1 medium sized onion, chopped
2 red peppers (sweet), seeded and chopped
½ cup horseradish
2 cups vinegar
¾ cup sugar
2 teaspoons salt

Wash beets, cook, skin, and chop. Measure and combine with vegetables. Add seasonings. Boil until clear. Turn into hot sterile jars and seal at once.

Cabbage Chow Chow

1 medium sized head cabbage
2 small white onions, chopped
1 green pepper, seeded and chopped
1 red sweet pepper, seeded and chopped
2 tablespoons salt
1 quart vinegar
1 cup brown sugar
½ cup mustard seed
1 tablespoon celery seed

Finely chop vegetables, or force through a food chopper. Mix with salt. Let stand one hour. Turn into a colander and let drain three hours. Combine vinegar, sugar, and seeds. Heat to boiling. Add vegetables. Boil one minute. Turn into jars and seal at once.

Corn Relish

7½ cups corn
7½ cups chopped cabbage
2 sweet red or green peppers
1 cup brown sugar
1 tablespoon salt
¼ cup dry mustard
½ tablespoon flour
1 quart vinegar

This amount will fill eight or ten small jars. Use sweet corn, as freshly gathered as possible. Cut from cob, using a sharp knife. Scrape out pulp, adding it to the kernels. Shred cabbage or chop fine. Chop peppers fine. Combine vegetables.

Put brown sugar, salt, mustard, and flour into preserving kettle. Stir in vinegar slowly, blending it into other ingredients. Heat to boiling and cook, stirring constantly, until slightly thickened. Add vegetables. Heat back to boiling, and boil twenty minutes. Turn into sterile jars and seal with paraffin, adding a second layer after the first has cooled.

Pepper Relish

12 green peppers, seeded and chopped
12 sweet red peppers, seeded and chopped
12 onions, chopped
2 cups vinegar
1 cup sugar
1 cup corn sirup
3 tablespoons salt

Mix chopped vegetables. Cover with boiling water. Let stand five minutes. Drain and discard liquid. Combine vinegar, sugar, sirup, and salt. Heat to boiling. Add vegetables. Boil five minutes. Turn into jars and seal with paraffin, adding a second layer after the first has cooled.

Mustard Pickles

1 quart sliced cucumbers
2 cups pickling onions
2 cups green tomatoes cut in pieces
2 cups cauliflower flowerets
1 cup snap beans, cut diagonally
1 cup sliced carrots
3 sweet red peppers, seeded and cut in strips
3 green peppers, seeded and cut in strips
3 cups vinegar for soaking
1½ quarts vinegar
1¼ cups brown sugar
4 tablespoons flour
1 teaspoon celery seed
4 tablespoons prepared mustard
½ tablespoon turmeric

Wash and prepare vegetables. Soak overnight in a brine made by dissolving one cup salt in four quarts water. Drain. Cover with clear water. Let stand one hour. Drain and cover again with clear water. Let stand one hour. Drain.

Cover vegetables with a mixture of three cups vinegar to three cups water. Let stand twenty-four hours. Heat to boiling. Drain vegetables. Discard liquid.

Mix sugar, flour, and spices. Add one and one-half quarts hot vinegar slowly, stirring to make a smooth paste. Cook over hot water until mixture thickens and starch is thoroughly cooked. Pour over drained vegetables while they are still hot. Stir thoroughly. Turn into sterile jars and seal.

Chili Sauce

1 gallon tomatoes, measured after peeling and chopping
1 cup onions, chopped
1½ cups sweet green peppers
1½ cups sweet red peppers
2 tablespoons mixed pickle spices
3 tablespoons salt
1 cup sugar
1 to 2 cups vinegar

Peel tomatoes and chop. Chop onions and peppers. They may be forced through a food chopper, if desired. Tie spices loosely in a bag. Boil vegetables and spices until mixture is nearly one-half its volume. Remove spices, add salt, sugar, and vinegar to desired tartness. Boil rapidly five minutes. Turn into sterile jars or bottles and seal at once. The Chili sauce must be stirred constantly after it starts to thicken, to avoid scorching.

Tomato Catsup

1 peck tomatoes
6 onions
4 sweet red peppers
2 cups vinegar
1 cup brown sugar
3 sticks cinnamon
2 tablespoons mixed pickle spices
2 teaspoons celery seed
2 teaspoons pepper
1 teaspoon paprika
2 teaspoons salt

Cut up tomatoes. Chop onions and peppers and add to tomatoes. Tie spices in a bag. Combine all ingredients, cook until reduced one-half. Strain, reheat, and turn into sterile bottles or jars.

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